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Healthy Recipes

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Appetizers

Cranberry Salsa Dip with Cream Cheese

- 1 (12-ounce bag) or 3 cups fresh cranberries, rinsed and drained
- 1/4 cup minced green onions
- 2 small (approximately 2 tablespoons) jalapeno peppers, cored, seeded and minced
- 1/2 cup sugar
- 1/4 cup fresh cilantro leaves, minced
- 2 tablespoons finely grated fresh ginger
- 2 tablespoons fresh lemon juice
- 2 (8-ounce) packages cream cheese
- Cranberries and/or cilantro sprigs for garnish

Rinse, drain, and pick over cranberries, (discarding all that are soft or bruised). Place them in a food processor; pulse until finely chopped but not mushy.

Place crushed cranberries in a bowl; mix together with onions, jalapeno peppers, sugar, cilantro leaves, ginger, and lemon juice. Cover with plastic wrap and refrigerate at least 4 hours so flavors develop (salsa will be too sharp and tart to begin with).

On a serving plate, place cream cheese; cover with the dip. Garnish, if desired, and served with crackers.

<http://whatscookingamerica.net/Appetizers/CranberrySalsa.htm>

Crudites with Savory Cheese Dip

Crudites:

- 4 medium carrots, peeled and cut into sticks
- 4 medium celery ribs, cut into sticks
- 1 large red bell pepper, seeded and cut into strips
- 1 large green bell pepper, seeded and cut into strips
- 2 small zucchini, cut into diagonal slices
- 1 bunch radishes, cleaned, trimmed, and cut in half
- 1 10-ounce bag cocktail cherry tomatoes, rinsed
- 1 medium cucumber, cut into sticks or slices

Savory Cheese Dip:

- 3 cups 1 percent low-fat cottage cheese
- 3 tablespoons reduced-fat mayonnaise
- 1-1/2 tablespoons fresh lemon juice
- 6 scallions, white part plus 2 inches green, thinly sliced
- 2 tablespoons chopped parsley
- 1/4 teaspoon crushed red pepper flakes or to taste
- 3/4 teaspoon salt (optional)

Directions:

Prepare the vegetables. Pack like vegetables in self-sealing plastic bags. Add a few ice cubes and seal. Refrigerate until ready to assemble on a large decorative tray, leaving room for the bowl of dip in the center.

For the dip: Place all dip ingredients in a food processor or blender. Process until smooth using on/off pulses and scraping down the bowl once or twice. Transfer dip to a serving bowl; refrigerate until ready to serve.

To serve, place the dip in the center of the vegetables. Serve at once. (If it's quite hot, place a few ice cubes over the vegetables to keep them cool and crisp.)

Nutrition information per serving:

Calories: 28

Fat: 1g

Cholesterol: 2mg

Sodium: 130mg

<http://fitnessandfreebies.com/holidays/christmas/christmas08.html>

Cucumber Almond Dip

Ingredients:

- 1/4 cup plus 1 tablespoon sliced almonds
- 3/4 cup fat-free or light sour cream
- 2/3 cup peeled, seeded, and coarsely chopped cucumber (about 1/2 medium)
- 1 medium green onion, cut into 1/4-inch pieces
- 2 teaspoons salt-free tomato, basil, and garlic seasoning blend
- 2 teaspoons red wine vinegar
- 1/2 teaspoon light brown sugar

In a medium skillet, dry-roast the almonds over medium-heat for 3 to 4 minutes, or until golden brown, stirring occasionally. Put 1 tablespoon almonds in a small bowl. Set aside to use as a garnish.

In a food processor or blender, process the remaining almonds for 3 to 5 seconds, or until coarsely crushed. Transfer to a medium serving bowl.

Process the remaining ingredients until the desired consistency, about 5 seconds if you prefer a chunky texture, 15 to 20 seconds for smooth. Stir into the crushed almonds. Cover and chill if desired.

Crushed toasted almonds provide a nice crunch to this quick and easy appetizer, and the delicate flecks of green onions and seasonings add eye appeal. It's convenient and stress-free for parties--you can make it up to four days in advance and serve it with colorful precut vegetables. To serve, stir the mixture. Sprinkle with the reserved almonds.

Cook's Tip: For a decorative presentation, peel a medium cucumber in lengthwise strips about 1/2 inch wide and 1/2 inch apart, leaving 1/2-inch strips of peel intact. Cut the cucumber crosswise into 3/4-inch slices. Using a melon baller or the tip of a small spoon, partially hollow out the slices, making little cups with enough of one end intact to hold the filling in place. Spoon the filling into the cups. Serves 8. Serving Size: 2 tablespoons

NUTRITION ANALYSIS:

Calories: 51

Total Fat: 2.0 g

Saturated Fat: 0.0 g

Polyunsaturated Fat: 0.5 g

Monounsaturated Fat: 1.0 g

Carbohydrates: 6 g

Sugar: 2 g

Fiber: 1 g

Cholesterol: 4 mg

Protein: 2 g

Sodium: 20 mg

Dietary Exchanges: 1/2 skim milk

Source: American Heart Association Choose to Move

Low-Fat Smoked Salmon Spread

This spread is delicious on crackers or served with Belgian endive leaves for scooping. Or cut whole-wheat pita bread into triangles, bake until crisp

Ingredients:

- 6 ounces smoked salmon, chopped
- 6 ounces low-fat cream cheese 1/4 cup nonfat sour cream
- 1 tablespoon freshly squeezed lemon juice
- 2 tablespoons chopped fresh dill
- 1 scallion, white part only, minced
- 1/4 teaspoon freshly ground black pepper

Directions:

In a food processor or mixer at slow speed, blend the salmon, cream cheese, sour cream and lemon juice until fairly smooth. Mix in the dill, scallion and pepper. Cover and refrigerate up to 3 days.

Recipe makes about 1-1/2 cups.

Nutrients per 2-tablespoon serving: Calories: 55

Protein: 4g

Carbohydrate: 2g

Fiber: 0

Fat: 3g

Cholesterol: 11mg

Sodium: 157mg

<http://fitnessandfreebies.com/holidays/christmas/christmas12.html>

Mexican Layered Dip

Makes 5 cups of dip

Ingredients:

- 1 pkg. (8 oz.) Neufchatel Cheese, 1/3 Less Fat than Cream Cheese, softened
- 1 Tbsp. TACO BELL® HOME ORIGINALS® Taco Seasoning Mix
- 1 cup TACO BELL® HOME ORIGINALS® Thick 'N Chunky Salsa

- 1 cup drained canned black beans, rinsed
- 1/2 cup chopped green onions
- 1 cup KRAFT 2% Milk Shredded Reduced Fat Cheddar Cheese
- 1 cup shredded lettuce
- 2 Tbsp. sliced pitted ripe olives
- 3 pkg. (13 oz. each) baked tortilla chips

BEAT Neufchatel cheese with electric mixer on medium speed until creamy. Add seasoning mix; beat until well blended. Spread onto bottom of serving plate or 9-inch pie plate. LAYER remaining ingredients over Neufchatel cheese mixture; cover. REFRIGERATE at least 1 hour before serving. Serve with tortilla chips.

Nutrition per serving:

Calories - 90

Total Fat - 8g

Saturated Fat - 3.5g

Sodium - 125mg

Carbohydrates - 1

Dietary fiber - 0

Sugar - 0

Healthy Living: Use Neufchatel Cheese 1/3 Less Fat than Cream Cheese, 2% Milk Shredded Reduced Fat Cheddar Cheese and baked tortilla chips in place of regular products, you'll save 50 calories and 8 g fat per serving. Garnish with fresh cilantro to jazz it up.

www.kraftfoods.com

Spinach & Cheese Dip

Makes: 3 cups

Ingredients:

- 1 pkg. (8 oz.) PHILADELPHIA Cream Cheese*, softened
- 1/2 cup KRAFT Mayo Real Mayonnaise*
- 1/3 cup sliced green onions
- 1 pkg. (10 oz.) frozen chopped spinach, thawed, well drained
- 1 cup KRAFT Natural Italian* Cheese Crumbles*
- 1/2 cup chopped roasted red peppers

BEAT cream cheese, mayo and half of the onions in medium bowl with electric mixer on medium speed until well blended. Add spinach; mix until just blended. STIR in cheese crumbles and peppers; cover. REFRIGERATE at least 1 hour. Sprinkle with remaining onions just before serving.

*Healthy Living: Save 30 calories and 3.5 grams of fat per serving by preparing as directed with PHILADELPHIA Neufchatel Cheese, 1/3 Less Fat than Cream Cheese, Light Mayonnaise, and 2% Milk, Reduced Fat Colby & Monterey Jack Crumbles.

If a thinner consistency is desired; stir in up to 1/3 cup milk.

Nutrition per serving:

Calories - 90

Total Fat - 8g

Saturated Fat - 3.5g
Sodium - 125mg
Carbohydrates - 1
Dietary fiber - 0
Sugar - 0
www.kraftfoods.com

Sweet Pepper Wraps

- 1 each red and green peppers
- 2 tablespoons low fat cream cheese, softened
- 6 slices low sodium ham (or turkey/chicken)

Cut each pepper (rich source vitamins C & A) lengthwise in half; remove and discard seeds. Cut each half lengthwise into 3 slices. Pat dry insides with paper towel.

Spread cream cheese onto pepper slices. Cut each ham slice in half lengthwise. Top each ham slice with filled pepper, wrap around pepper and secure with toothpick. Cover and refrigerate up to 2 days.

Nutrition (one serving - 3 wrapped peppers): calories 70; total fat 3 g; saturated fat 1.5 g; cholesterol 20 mg; sodium 300 mg; carbohydrates 5 g; 6 g proteins.

Zucchini Appetizer Sticks

Ingredients:

- 2 medium zucchini, ends removed
- 1 egg, beaten
- 1/4 cup fine, dry seasoned bread crumbs
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Original Blend Mrs. Dash

Directions:

Cut zucchini into french fry-sized pieces and coat with egg. Mix crumbs, Parmesan cheese, garlic powder and Mrs. Dash in a 9 x 13-inch plastic food bag. Drop a handful of zucchini pieces into crumb mixture and shake to coat. Place on 2 large cookie sheets sprayed with nonstick spray. Do not overlap pieces. Continue coating small batches of zucchini with crumb mixture until all are coated. Bake in a preheated 450 degree oven for 15 to 20 minutes, until coating is browned and zucchini pieces are tender.

Serves 4.

Nutrition information per serving:

Calories: 76

Fat: 3.16g

Cholesterol: 2.25mg

Sodium 157mg

<http://fitnessandfreebies.com/holidays/christmas/christmas06.html>

Barbecue Time

Barbecue Pork Chops

Ingredients:

- 1/3 cup ketchup
- 1 tbsp cider vinegar
- 1 tbsp brown sugar
- 2 tbsp Worcestershire sauce
- 1 tbsp chili powder
- 4 lean loin pork chops, trimmed of fat

Preparation:

Combine ketchup, cider vinegar, brown sugar, Worcestershire sauce and chili powder. Place pork chops in a large resealable plastic bag. Pour barbecue sauce into bag and cover chops with it. Marinate for 4-6 hours.

Preheat grill or broiler. Spray grill with high-temperature nonstick cooking spray before heating; or spray broiler rack while broiler is heating. Place marinated chops on grill or broiler and cook until done, about 5 minutes per side. Serves 4.

Per Serving: Calories 241, Calories from Fat 68, Total Fat 7.6g (sat 2.6g), Cholesterol 90mg, Sodium 449mg, Carbohydrate 11.5g, Fiber 0.9g, Protein 31.7g
<http://lowfatcooking.about.com/od/meatdishes/r/bbqporkchops.htm>

Grilled Grouper with Chili-Lime Butter

Fire up the grill for a healthy, warm-weather meal that's great for your health.

Ingredients:

- 3 tablespoons butter, softened
- Grated peel of 1 lime
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 4 grouper fillets (6 ounces each), each 3/4" thick
- 2 teaspoons chopped fresh cilantro (optional)

Directions:

Place the butter, lime peel, chili powder, and salt in a small microwaveable bowl. Microwave on medium power until the butter is melted, 1 minute.

Coat a grill rack with cooking spray. Preheat the grill. Brush the fish on both sides with the chili-lime butter. Sprinkle with the cilantro (if using). Place on the rack, round side down, and grill until golden, 5 to 6 minutes. Turn and brush again with the butter. Cook until the flesh is completely opaque but still juicy, 3 to 4 minutes more. Drizzle any remaining butter evenly over the fish.

Calories: 235

Fat: 10.0g

Saturated Fat: 6.0g

Protein: 33g

Carbohydrates: 1g

Cholesterol: 86mg

Sodium: 330mg

From My Curves.com (must be a Curves member to access website)

Sizzling Beef & Vegetable Kabobs

Ingredients:

- 1 lb. boneless beef sirloin steak, cut into 1-inch cubes
- 1/2 cup KRAFT Greek Vinaigrette Dressing, divided
- 12 cherry tomatoes
- 6 button mushrooms, cut in half
- 8 asparagus spears, blanched, cut into 2-inch lengths

PLACE steak in large resealable plastic bag. Add 1/4 cup of the dressing; seal bag. Refrigerate 30 minutes to marinate. Remove steak from bag; discard bag and marinade.

PREHEAT grill to medium heat. Thread steak onto 12 wooden skewers alternately with the tomatoes, mushrooms and asparagus.

GRILL kabobs 15 min. or until steak is cooked through and vegetables are crisp-tender, turning and brushing occasionally with the remaining 1/4 cup dressing.

Nutrition (per serving): Calories 160, Total fat 9g, Saturated fat 2g, Cholesterol 40mg, Sodium 210mg, Carbohydrate 4g, Dietary fiber 1g, Sugars 2g, Protein 15g, Vitamin A 10%DV, Vitamin C 8%DV, Calcium 0%DV, Iron 10%DV
www.kraftfoods.com

Tip: Soak wooden skewers in water for several minutes before threading meat and vegetables, to prevent burning.

Zesty Grilled Vegetables

Tips on grilling your favorite vegetables:

- Fleshy vegetables work best on the grill
- Don't peel the vegetables unless specified in a recipe
- Cut vegetables in thick slices
- Pair up soft vegetables, such as tomatoes and mushrooms, with other soft vegetables
- Arrange the vegetables on a rack set crosswise on the grill
- Cook vegetables over moderate heat at the edge of the grill
- Dip a sprig of fresh herb in sauce or oil and vinegar or lemon juice mixture and brush it over the vegetables

www.rd.com

Some Marinades for Your Grilling Delight!

Apricot-Yogurt Marinade

This marinade combines sweet apricot flavor with onions and yogurt to make it the perfect marinade for lamb, pork and poultry.

Ingredients:

- 1/2 cup finely chopped onion
- 1/2 cup plain yogurt
- 1 cloves minced garlic
- 1 1/2 tablespoons chopped fresh parsley

- 3 teaspoons chopped dried apricots
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- salt and pepper to taste

Combine all ingredients in a glass container. Store in the refrigerator. Great on lamb, pork, or poultry.

bbq.about.com/od/marinaderecipes

Mediterranean Chicken Marinade

This is a quick and easy marinade that uses fresh rosemary and lemon to bring the taste of summer to your grilled chicken. If you can do this early in the day, that's ideal; if not, one hour of marinating can give you that extra flavor.

Ingredients:

- 6 pieces of chicken on the bone (breasts, thighs and/or legs)
- 5 sprigs fresh rosemary (or 2 tsp. dried)
- 1 cup olive oil
- 2 cloves garlic
- 1 lemon
- Salt and pepper to taste

Trim any extra skin or fat off the chicken. Place chicken in a one gallon ziplock bag. Measure out the olive oil and pour into a small bowl. Strip the rosemary leaves off the twigs, and do a "rough chop" (about 1/2-inch in length); set 1 tablespoon of the rosemary aside (1/2 teaspoon if using dried).

Crush the garlic with the side of a knife or the heel of your hand. Grate the lemon on a box- or hand-grater, reserving the rest of the lemon.

Add the rosemary, garlic, and lemon peel to the olive oil, pour in with the chicken, press out air bubbles, and seal bag. Put bag in a small dish with sides and keep in fridge until ready (this minimizes the risk of contaminating the rest of the fridge).

As the grill heats up, mince the reserved rosemary so that it is a little smaller, maybe 1/4 inch.

Take chicken out of marinade and brush off most of the rosemary, garlic and lemon peel, leaving a few pieces clinging to the meat.

Lay the chicken out on a pan and salt and pepper both sides. Cover pan with plastic wrap and microwave the chicken until it just starts to cook (approximately 3 minutes on high)

Take chicken out of the microwave, brush with a little additional marinade, and grill until done, cooking each side twice.

For extra flavor, toss the rosemary twigs onto the fire just before you take the chicken off the grill--the smoke adds a great smell.) Before serving, sprinkle the chopped rosemary and spritz a little lemon juice over the chicken.

www.familyfun.go.com/recipes

Teriyaki Sauce

This easy-to-make teriyaki sauce can be paired with chicken, red meat, or a firm-fleshed fish such as Chilean sea bass, tuna or striped bass. Fat-free

Ingredients:

- 6 pieces of boneless, skinless chicken breasts
- 1/2 cup Sugar-Water Simple Syrup (see recipe below)
- 2 cups soy sauce
- 2 tbsp. minced fresh garlic
- 4 tbsp. minced fresh ginger
- 2 green onions (optional)
- Toasted sesame seeds (optional)
- Salt and pepper (to taste)

Mix one part water to one part sugar in a heavy-bottom saucepan and put over a medium-low flame until the sugar has completely dissolved into the water. Don't stir the mixture (or the sugar will crystallize and won't turn into syrup).

Add Simple Syrup, soy sauce, garlic and ginger to a heavy-bottomed saucepan. Set on a medium flame and let it reach a rolling boil, then lower the flame boil for three minutes.

Let cool and transfer half of the sauce to a bowl for seasoning chicken. Reserve other half for table use. (Be sure to keep two portions of the teriyaki separate to avoid contaminating table sauce with bacteria from the raw chicken.)

Season chicken breasts with salt and pepper and set on the hot grill. Turn once, then generously brush the top (cooked) side with teriyaki from the bowl.

Repeat so that both sides are slathered and cooked.

Heat the reserved teriyaki sauce and serve it in a gravy boat.

familyfun.go.com/recipes

Beverages

Berry Blast Smoothie

Preparation Time: 5 minutes

of Servings: 8

Cups of Fruit & Veggies per person: 1

Serving Size: 1/8 recipe

Ingredients:

- 2 cups blueberries
- 2 cups raspberries
- 2 cups strawberries
- 2 cups blackberries
- 1 cup cran-raspberry juice
- 1 cup low fat blueberry yogurt
- 2 cups ice

Place all items into blender and blend until smooth. Serve immediately.

Nutritional Facts:

Calories 100

Total fat 1g

Saturated fat 0g

Cholesterol 0g

Sodium 20g

Total Carbohydrates 25g

Dietary fiber 6g

Sugar 12g

Protein 2g

Eggnog Shakes

Ingredients:

- 1-1/2 cup fat-free, sugar-free vanilla ice cream
- 1/2 cup fat-free milk
- 1 tablespoon fat-free whipped topping
- Sugar substitute equivalent to 1/2 teaspoon sugar
- 1/8 teaspoon rum extract
- 1/8 teaspoon brandy extract or vanilla extract
- Dash ground nutmeg

In a blender, combine the first six ingredients; cover and process until smooth. Pour into chilled glasses; sprinkle with nutmeg.

Makes 2 servings.

Nutrition information per serving (3/4 cup):

Calories: 163

Total Fat: 2g

Carbohydrates: 21g

Cholesterol: 9mg

Sodium: 109mg

Exchanges: 1 Starch, 1/2 Milk, 1/2 Fat

<http://fitnessandfreebies.com/holidays/christmas/christmas09a.html>

Frosty Berry Blends

Ingredients:

- 1/4 cup milk
- 6 tblsp honey
- 8 oz. cream cheese, softened
- 2 cups each fresh/frozen raspberries & strawberries
- 10 plastic cups = 1/3 cup each

Place 1st 3 ingredients in food processor, and process on high until well blended. Add fruit, cover, and blend until smooth. Pour into cups and freeze. Top with fresh fruit before serving.

One serving = 1/3 cup

Per serving:

Calories 260**

Total Fat 14 g**

Saturated Fat 9 g

Cholesterol 40mg

Sodium 160 mg

Carbs 33g

Dietary Fiber 4g

Sugars 26g

Protein 4g

Vit A 10%DV

Vit C 8%DV

Calcium 6%DV

Iron 6%DV

** Use low-fat dairy products to reduce the fat content and calories.

Juicy Tomato Smoothie

Ingredients:

- 3 cups tomatoes, chopped
- 1 cup no sodium tomato juice
- 1 cup apple juice
- 1 cup carrots, sliced
- 1 cup celery, chopped
- 1 tsp. onion, minced
- 1 cup ice

Place all ingredients into blender and blend until smooth. Serve immediately. Serves 4

Nutrient Analysis per serving

Calories 90

Protein 2 g

Fat 1 g

Carbohydrate 20 g

Sodium 95 mg

Cholesterol 0 mg

For more ideas visit: <http://www.diet.com/recipes/>

Melon Ginger Cooler

A blend of sweet honeydew melon, fresh ginger root, fresh lime juice and honey, this quick and easy drink is utterly delicious. Just be sure to use a ripe melon and chill it in the fridge for at least 4 hours before using.

Ingredients:

- 1 large honeydew melon
- 4 limes, juiced
- 1 lime, thinly sliced for garnish (optional)
- 3 tbsp fresh ginger, peeled and sliced
- 1/4 cup honey (or to taste)
- 2 cups ice

Cut melon in half, remove seeds and peel. Cut into small chunks and place in blender along with ginger slices, lime juice and honey. Blend until completely pureed. Add ice and blend until smooth. Serve immediately.

Serves 4

www.divaflava.net/2008/05/24/melon-ginger-cooler

Orange-Banana Smoothie

A refreshing quick breakfast or light snack on a warm day, with a good dose of vitamin C.

Ingredients:

- 1 cup orange juice
- 1 small, ripe banana
- 1/4 cup instant non-fat milk powder
- 1/2 cup ice cubes
- 1/4 cup club soda

In blender, process orange juice, banana, milk powder and ice cubes until mixture is thick and ice cubes are crushed. Add club soda, stir and serve immediately.

Makes 2 servings

Nutritional information per serving:

Calories 130

Fat .5 g

Protein 4 g

Carbs 27 g

Fiber 2 g

Sodium 55 mg

www.healthatoz.com

Orange-Strawberry Juice Froth

Ingredients:

- 2 cups orange juice
- 1 1/2 cups apricot nectar
- 1 cup frozen, sweetened strawberries

In blender, process ingredients for about 20 seconds, or until smooth and frothy. Serve immediately.

Serves 6

Nutrient Analysis per serving

Calories 114 kcal

Protein 1 g

Fat 0 g

Carbohydrate 29 g

Sodium 4 mg

Cholesterol 0 mg

For more ideas visit: www.free-gourmet-recipes.com

Power Gold Smoothie

Ingredients:

- 2 cups chopped or grated carrots
- 1 1/2 c. pineapple juice
- 1 cup fresh orange juice
- 3 tblsp. honey
- 1/2 c. vanilla yogurt
- 3-4 ice cubes

Directions:

1. Place only chopped or grated carrots in blender and turn on HIGH. Through lid, slowly drizzle in about 2 to 3 tablespoons of the pineapple juice, allowing the carrots to be pureed until smooth.
2. Slowly pour in remaining juice with honey. Allow to blend until smooth and somewhat frothy; then with blender on HIGH, add ice cubes. Blend until ice cubes are blended smooth. Stop blender, add yogurt, return lid and blend until thoroughly mixed.
3. Pour into chilled glasses and enjoy a great taste with power and energy.

Makes 4-10 oz. glasses

Per serving:

Calories 180

Total Fat 0 g

Saturated Fat 0 g

Cholesterol 0mg

Sodium 40 mg

Carbs 43g

Dietary Fiber 2g

Protein 3g

****Chef's Note:** Using raw carrots in this smoothie will produce a unique texture. If a smoother consistency is desired, microwave the grated carrot with 1 tablespoon of water in a covered microwave dish on high for 2 to 3 minutes. Proceed as directed above. Credit: Recipe developed for the Produce for Better Health Foundation by Chef Carmen I. Jones, CCP.

Tropical Fruit Freeze

Ingredients:

- 1 6-oz. can frozen orange juice concentrate, thawed
- 3 cups pineapple juice
- 1 banana, pureed
- 1 tbsp. lemon juice
- 1 12-oz. can ginger ale

Place thawed orange juice concentrate in a 2-quart beverage container. Add pineapple juice and stir. Puree banana with lemon juice in blender and add to orange mixture. Seal container and freeze for several hours until slushy. Stir in ginger ale when ready to serve.

www.sneakykitchen.com

Breakfast, Brunch

Apple Cinnamon Oatmeal Recipe

Ingredients:

- 1 cup water
- 1/4 cup apple juice
- 1 apple, diced
- 2/3 cup rolled oats
- dash cinnamon
- 1 cup lowfat or skim milk

Place the water, juice, and apples in a medium sized saucepan and bring to a boil. Stir in the rolled oats and cinnamon. Return to a boil, then reduce heat and simmer til thick.

Serve hot with the milk. Serves 2

www.cdktichen.com/

Banana Berry Pancakes

Preparation time: 20 Minutes

Serves: 4

Cups of Fruits and Vegetables per Serving: ½

Ingredients:

Pancakes:

- 1 large banana, peeled and sliced
- 1 cup complete pancake mix
- ½ cup water

Toppings:

- 1½ cups frozen strawberries (unsweetened)
- 2 tablespoons strawberry jam

Pancake Preparation: Place banana in a medium bowl and mash with a fork. Add pancake mix and water; stir until blended. Spray a large skillet with non-stick cooking spray over MEDIUM heat. Pour ¼ cup batter for each pancake into hot skillet.

Cook pancakes for about 2 minutes per side or until cooked through.

Topping Preparation: Place berries in a small bowl with jam. Microwave on HIGH for 1 minute. Stir, then cook for 1 minute more. Spoon topping over pancakes.

Each serving provides: An excellent source of vitamin C and a good source of folate and fiber.

Nutritional Information per Serving:

Calories: 197

Carbohydrates: 43g (reduce with *no added/reduced sugar jam

Total Fat: 1.8g

Cholesterol: 7mg

Saturated Fat: 0.4g
Dietary Fiber: 3g
Sodium: 397mg
Protein: 4g

Breakfast Frittata

Ingredients:

- ½ medium onion, minced
- 4 medium cloves garlic, chopped
- ¼ lb ground lamb or turkey
- 2 plus 1 TBS chicken broth
- 3 cups rinsed and finely chopped kale, (stems removed)
- 2 whole free range chicken eggs
- 3 egg whites
- salt and black pepper to taste

Directions:

Preheat broiler on low. Heat 1 TBS broth in a 9-10 inch stainless steel skillet. Sauté onion over medium heat, for about 3 minutes, stirring often. Add garlic, ground lamb or turkey, and cook for another 3 minutes on medium heat, breaking up clumps. Add kale and 2 TBS broth. Reduce heat to low and continue to cook covered about 5 more minutes. Season with salt, pepper and mix.

Beat eggs, season with a pinch of salt and pepper, and pour on top of mixture evenly. Cook on low for another 2 minutes without stirring. Put under broiler in middle of oven, about 7 inches from the heat source, on low, so it has time to cook without the top burning. When it gets firm it is done, about 2-3 minutes. Prep and Cook Time: 20 minutes Serves 2

Healthy Cooking Tips: It is important to chop kale fine so it cooks in a shorter amount of time and integrates with the other flavors. Also, make sure you break up the clumps of meat with a spoon while sautéing. This will also allow the flavor of the meat to seep into the other ingredients. Use a stainless steel skillet as close to 9-10 inches as possible so the vegetables don't over cook and you have some height to your finished frittata.
www.whfoods.com/

Buckwheat Pancakes

Ingredients:

- 1/2 cup nonfat yogurt
- 1/2 cup nonfat milk
- 1 teaspoon vanilla extract
- 1/4 cup buckwheat flour
- 1/2 cup rolled oats
- 1/4 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1 egg white
- 1 tablespoon apple juice concentrate

Directions:

Mix the yogurt and milk with the vanilla. In a separate bowl, combine the buckwheat flour and rolled oats with the baking soda and powder. Fold all of these ingredients together. Beat the egg white until it is stiff, then gently fold into the other ingredients.

Pour onto a very hot nonstick skillet or one that has been lightly coated with vegetable oil spray. Turn the pancakes when the edges have browned and bubbles have formed on the top. Cook another minute or so until done.

Yield: Twelve 3-inch pancakes (4 servings)

Top with fresh fruit, unsweetened preserves, applesauce, or nonfat yogurt.

Nutrition (per pancake):

Calories: 103

Total Fat: 0.8g

Saturated Fat: 0.2g

Cholesterol: 1mg

www.bellybytes.com/

Microwave Breakfast Cobbler

Ingredients:

- 1 can (16 ounces) peaches, sliced & drained
- 1 can (16 ounces) pears, halved & drained
- 1 can (6 ounces) prunes, pitted & halved
- 1 tsp orange peel, grated
- 1½ cups granola cereal, low fat
- 1/3 cup orange juice

In 6-cup shallow microwave bowl toss peaches, pears, prunes, orange peel, and orange juice. Top with granola. Microwave on HIGH 5 minutes. Let stand 2 minutes. Spoon into bowls. Serve with plain yogurt if desired. Makes 4-6 servings. Can substitute 2-16 oz. cans fruit cocktail for peaches and pears.

Nutritional Information (per serving)

Calories: 274

Fat: 3g

Percent of calories from fat: 9%

Cholesterol: 0mg

Fiber: 7g

Sodium: 3 mg

For more recipes visit www.fruitsandveggiesmorematters.org.

Muesli Cereal

This cereal, which can be mixed together in five minutes the night before, is high in fiber, thiamine and iron and much lower in fat and sugar than many store-bought cereals.

Ingredients:

- 1 cup granola cereal
- 3 cups rolled oats

- 1 cup raisins or chopped dried fruit (such as apricots, cherries, cranberries and dates)
- 1/2 cup oat bran
- 1/2 cup wheat bran

Directions: In an airtight container, combine all the ingredients. The mixture will stay fresh for a month. Serve this cereal with yogurt, soy or lower fat milk and top with your choice of fresh fruit. Note: For younger children, let the milk soak the cereal for a few minutes.

Makes 12 servings

Nutritional information per serving with 1/2 cup of 1% milk:

Calories: 236

Protein: 10 g

Fat: 4 g

Saturated fat: 1 g

Carbohydrate: 43 g

Dietary fiber: 5 g

Dietary Cholesterol: 5 mg

Sodium: 73 mg

Potassium: 463 mg

www.heartandstroke.com

Casseroles, Chicken, Fish, Meat Dishes

Crustless Smoked Salmon, Leek, and Mushroom Quiche

Ingredients:

- 4 eggs
- 1 and 1/2 cup milk, cream, unsweetened soy milk, or a combination (use lo fat)
- 6 ounces or so smoked salmon
- 1 large leek, with white and light green parts sliced (about 1 cup) or substitute shallots or onions
- 1 small red pepper, chopped (about half a cup)
- 4 oz raw mushrooms (wild or shitake are nice but any will do)
- 3/4 cup shredded cheese - almost any kind or combo is fine, but not too much strong-flavored cheese such as parmesean
- 1 teaspoon dry mustard
- 1/2 teaspoon thyme
- pinch of cayenne pepper or a bit of hot sauce
- paprika, salt, and pepper

Preparation:

1. Preheat oven to 375 degrees F.
2. Sauté leeks in a little olive oil. When they begin to soften, add mushrooms. After a minute or two, add the peppers. Add a little salt, and cook for 3-4 minutes. Just before taking off heat, add the thyme.
3. Meanwhile, crumble salmon in pie plate. Cover with vegetables when done, and then sprinkle with the cheese.

4. Also meanwhile, blend eggs, milk (or other), mustard, cayenne or hot sauce, salt (about 1/2 teaspoon, but less if salmon is salty), and pepper. You can use an eggbeater or whisk, but a blender works really well.
5. Pour the egg mixture over the rest of the ingredients, and sprinkle with paprika.
6. Bake for 35-50 minutes. Start checking after half an hour. If it's getting too brown but the middle is too liquid, cover with foil. When done, the center will still be a bit loose. Take it out of the oven or the rest will overcook. In 5 minutes, the center will be done.

Nutritional Analysis: Each of 6 servings has 2.5 grams carbohydrate, 2 grams fiber, 18 grams protein, and 200 calories @ <http://lowcarbdiets.about.com>

WOW Tip: Use low fat cheese to minimize saturated fat content.

Grilled Halibut with Tomato-Avocado Salsa

The halibut can marinate up to 2 hours ahead of time in the lively marinade spiked with citrus, cumin and cayenne.

Ingredients

Fish

- 1 1/2lb halibut, tuna or swordfish steaks, 3/4 to 1 inch thick

Marinade

- 2 tablespoons lemon or lime juice
- 1 tablespoon canola or soybean oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground red pepper (cayenne)
- 1 clove garlic, finely chopped

Salsa

- 3 medium tomatoes, chopped (2 1/4 cups)
- 1/2 medium avocado, pitted, peeled and coarsely chopped
- 1 small jalapeño chile, seeded, finely chopped
- 1/4 cup chopped fresh cilantro
- 2 teaspoons lemon or lime juice

Directions

1. If fish steaks are large, cut into 6 serving pieces. In shallow glass or plastic dish, mix all marinade ingredients. Add fish; turn to coat with marinade. Cover; refrigerate at least 30 minutes but no longer than 2 hours.
2. Heat gas or charcoal grill.
3. Remove fish from marinade; reserve marinade. Place fish on grill rack. Cover grill; cook over medium heat 10 to 15 minutes, brushing 2 or 3 times with marinade and turning once, until fish flakes easily with fork. Discard any remaining marinade.
4. Meanwhile, in medium glass or plastic bowl, mix all salsa ingredients. Serve fish with salsa.

Nutritional Information per Serving:
Calories 160, (Calories from Fat 50);
Total Fat 5g (Saturated Fat 1g, Trans Fat 0g);
Cholesterol 60mg;
Sodium 250mg;
Total Carbohydrate 5g (Dietary Fiber 2g, Sugars 2g);
Protein 22g;

Exchanges: 1/2 Other Carbohydrate; 0 Vegetable; 3 Very Lean Meat; 1/2 Fat
Carbohydrate Choices: 1/2
www.eatbetteramerica.com

Mexican Casserole

Preparation Time: 1 hour, 45 minutes

Servings: 6

Cups of F & V Per Person: 3

Serving Size: 1/6 recipe

Ingredients:

- 4 oz uncooked ziti pasta
- 2 medium onions, chopped
- 1 garlic clove, minced
- 2 medium carrots, finely chopped
- 1 green pepper, chopped
- 1 medium zucchini, chopped
- 1 16 oz can no added salt tomatoes, undrained
- 1 8oz can no added salt tomato sauce
- 1 tsp oregano
- 1 16oz can black beans, rinsed and drained
- 1 10 oz package frozen corn, thawed
- 2 Tbsp green chilies, chopped
- 8 oz fat free ricotta cheese
- 4 oz shredded low-fat Monterey Jack cheese

Directions: Prepare ziti according to package directions without salt; drain well. Preheat oven to 375°F. Coat a Dutch oven or large pot with cooking spray. Add onions, garlic, carrots, peppers, and zucchini; sauté over medium heat for 10 minutes, stirring often. Stir in tomatoes, tomato sauce, and oregano. Bring to a boil; reduce heat to low, simmering 15 minutes. Stir in beans, corn, chilies. Cook for 5 minutes. Remove from heat; add pasta and cheeses, tossing gently. Spoon into a 9-inch square baking dish coated with cooking spray. Bake for 30 minutes or until heated through. Let stand 5 minutes before serving.

Nutritional Facts

Calories 320

Total fat 5g

Saturated fat 3g

Cholesterol 20g

Sodium 510g

Total Carbohydrates 52g

Dietary fiber 10g
Sugar 12g
Protein 18g

Mexican Stir-Fry

A quick meal-in-a-skillet is a good way to use leftovers.

Ingredients:

- 2 Tbsp fat-free Italian dressing
- 2 Tbsp lime juice
- 1 lb lean beef strips (or chicken, turkey or shrimp)
- 1 medium onion, thinly sliced rings
- 2 medium bell peppers (red, yellow or green), thinly sliced rings
- 1 medium tomato, chopped
- 1/2 cup fresh cilantro, snipped
- Grated lowfat cheese
- Salsa

Directions

1. Heat dressing and lime juice in a large skillet.
2. Add meat and cook on medium-high heat for 3-4 minutes; remove from skillet.
3. In the same skillet, stir fry onion and pepper slices for 2-3 minutes.
4. Add meat, tomatoes and cilantro, and cook another minute. Serve with whole-wheat tortillas.
5. Garnish with cheese and salsa.

Makes 4 servings: 322 calories and 6g fat (17%) each.
www.personalbest.com

Sausage and Lentils

Lean chicken sausage keeps the fat count down in this dish, and lentils add extra protein and a healthy dose of fiber.

Ingredients

- 2 tsp canola oil
- 2 cloves garlic, finely chopped
- 1 cup finely chopped onion
- 3/4 pound lean Italian-style chicken sausage, casings removed and crumbled
- 8 ounces sliced mushrooms
- 1 14.5 ounce can diced tomatoes
- 1 cup fat-free, low-sodium beef broth
- 2 cups baby spinach
- 1 cup lentils, picked through

Preparation:

Heat oil in large skillet. Sauté onions and garlic until softened. Brown sausage meat until no longer pink. Add mushrooms, and cook for 2-3 minutes. Stir in canned tomatoes, broth and lentils. Simmer for 20 minutes. Stir in spinach and cook for 5 more minutes, until lentils are tender.

Serves 4

Per Serving: Calories 346, Calories from Fat 58, Total Fat 6.6g (sat 1.3g), Cholesterol 70mg, Sodium 39g, Fiber 19.4g, Protein 33g
<http://lowfatcooking.about.com/>

Slow-Cooker Chicken Cacciatore

Ingredients:

- 1/4 cup KRAFT Zesty Italian Dressing
- 3 lb. chicken thighs and drumsticks
- 1/2 lb. fresh mushrooms (about 10 medium), sliced (about 2 cups)
- 1-1/2 cups coarsely chopped onions (about 1 medium)
- 1/2 cup each: red and green pepper strips
- 1 clove garlic, minced
- 1 can (14.5 oz.) crushed tomatoes
- 1 tsp. salt
- 1 tsp. dried thyme leaves
- 3 cups instant white rice, uncooked

Directions:

1. HEAT dressing in large skillet on medium-high heat. Add chicken, in batches; cook 2 to 3 min. on each side or until browned on both sides.
2. PLACE mushrooms, onions, peppers and garlic in slow cooker; top with the chicken. Combine tomatoes, salt and thyme; pour over ingredients in slow cooker. Cover with lid. Cook on LOW for 6 to 8 hours (or on HIGH for 5 hours).
3. COOK rice as directed on package. Serve chicken mixture over the rice.

KRAFT KITCHENS TIP: Taking the lid off your slow cooker for even just a minute reduces the heat and extends the cooking time. Lift the lid only if instructed to do so in the recipe.

WOW TIP: Reduce fat content by using skinless chicken and low fat salad dressing. Omit or reduce salt to control sodium content.

Recipe Source: www.kraftfoods.com

Slow-Cooker Salsa Chicken

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 cup salsa
- 1 package reduced sodium taco seasoning
- 1 can reduced fat cream of mushroom soup (condensed)
- 1/2 cup reduced fat sour cream

Directions: Add chicken to slow cooker. Sprinkle taco seasoning over chicken. Pour salsa and soup over chicken. Cook on low for 6 to 8 hours. Remove from heat and stir in sour cream. Serve with rice.

Number of Servings: 6

NUTRITION ANALYSIS:

Calories 157.2

Total Fat 3.3 g

Cholesterol 63.4 mg

Sodium 654.2 mg *

Total Carbs 6.7 g

Dietary Fiber 0.9 g

Protein 24.3 g

<http://recipes.sparkpeople.com>

NOTES: *You may use half the packet of taco seasoning to reduce sodium content. You can also look for a reduced-sodium soup to use in this recipe. Since some slow cookers cook faster than others, you may have to adjust your cooking time accordingly.

Herb-Crusted Turkey Breast with Mushroom-Leek Stuffing

Ingredients:

- 2 TB unsalted butter
- 1 TB chopped garlic
- 4 cups thinly sliced leeks (white and light green parts only, thoroughly rinsed to remove all dirt)
- 3 cups sliced mixed mushrooms (about 8 oz)
- 1/4 cup breadcrumbs
- 1/4 cup pecorino-romano cheese
- 1 1/2 tsp chopped fresh parsley, divided
- 1 1/2 tsp chopped fresh sage, divided
- 1 1/2 tsp chopped fresh rosemary, divided
- 1 1/2 tsp chopped fresh thyme, divided salt and pepper to taste
- 1 TB unsalted butter (at room temperature)
- 1 boneless turkey breast (about 2.5 lbs)
- Butcher's twine for tying up the rolled breast

To make the stuffing, melt the butter over medium-high heat, then add the garlic and quickly sauté (do not burn!). Add the sliced leeks and sauté until soft (about 5 minutes). Add the sliced mushrooms, increase the heat to high, and cook until soft and all liquid has evaporated (about 10 minutes).

Remove from heat and add the breadcrumbs, pecorino-romano cheese, one teaspoon each of parsley, sage, rosemary and thyme, 1 teaspoon salt and 1/2 teaspoon pepper. Set aside.

To make the herb butter, use a fork to combine the tablespoon of softened butter with 1/2 teaspoon each of parsley, sage, rosemary and thyme. Set aside at room temperature.

Preheat the oven to 350°F.

Butterfly the turkey breast open with a sharp boning knife. Place it skin side down on a cutting board, cover it with plastic wrap, then pound it out lightly with a meat mallet to flatten it a bit and make it an even thickness.

Remove the plastic wrap and sprinkle the breast with salt and pepper. Spread the stuffing over the (non-skin) surface of the breast to within 3/4" from the edge. Roll it up as tightly as possible, finishing with the skin side up (towards you).

Rub the entire top surface with the herb butter, placing some butter under the skin, if possible. Using butcher's twine, tie up the turkey breast to keep its shape while roasting. Place the stuffed turkey breast on a buttered or oiled roasting pan (or on a baking rack in a pan).

Roast, uncovered, until the stuffed turkey reaches an internal temperature of 165°F, about 1 1/2 hours. Cover the turkey if the top begins to get too brown. Remove from the oven and let it sit, covered, for about 15–20 minutes to let it set before slicing. Snip off the butcher's twine, and serve.

Nutrition Info Per serving (6.5 oz/185g-wt.): 240 calories (60 from fat), 7g total fat, 4g saturated fat, 34g protein, 11g total carbohydrate (2g dietary fiber, 2g sugar), 100mg cholesterol, 300mg sodium

Serves 6–8

www.wholefoodsmarket.com/recipes/meat-poultry/turkey_herbcrusted.html

Baked Miso Salmon

Prep & Bake time 30 minutes (serves 4)

- 3/4 pound of salmon, cut into 4 pieces
- 2 tsp light miso (a fermented salty soybean paste)
- 1 tblsp Dijon mustard
- 2 tblsp Mirin (Chinese rice cooking wine)
- 4 dried pieces of wakame seaweed rinsed & soaked in 1 cup hot water for 10 minutes (save water)
- 1 medium sized onion, cut in half & sliced
- 3 cups fresh sliced shitake mushrooms
- 3 cloves garlic, chopped
- 1/2 tblsp minced fresh ginger (or 1/4 tsp dried)
- 2 tsp soy sauce
- Salt & white pepper to taste
- Garnish with minced green onions

Preheat oven 350 degrees

1. Bring water to a boil in a steamer with tight fitting lid. While water is coming to a boil, rinse and soak seaweed, saving the water.
2. Prepare glaze by mixing miso, Dijon mustard and Mirin along with a pinch of white pepper. Coat generously the salmon with the glaze and set aside while preparing the rest.

3. Add oil to medium pan and sauté onions, garlic, ginger and mushrooms for 5 minutes. Add chopped seaweed, 1/2 cup seaweed water and soy sauce and cook 5 minutes. Season with salt & pepper.
4. Bake salmon 7 minutes, depending upon thickness.
5. Serve salmon over a bed of the mushroom mixture, and sprinkle with the minced green onions.

www.whfoods.com

Italian Sausage and White Beans

Serve with warm Italian bread.

Ingredients

- 12 ounces sweet Italian turkey sausage
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped onion
- 1/2 tsp bottled minced garlic
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 (19-ounce) can cannelloni beans or other white beans, drained
- 1 (14.5-ounce) can diced Italian-style tomatoes, undrained

Directions:

Remove casings from sausage. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add bell pepper, onion, & garlic, sauté 3 minutes. Add sausage, and cook 8 minutes, or until browned, stirring to crumble. Stir in oregano and remaining ingredients; reduce heat to medium-low. Cook 5 minutes or until thoroughly heated.

Yield: 4 servings. (1 cup)

Calories 266 (29% from fat); protein 21.4g; carbohydrate 24.9g; fiber 6.7g; cholesterol 72mg; iron 4.3mg; sodium 851mg; calcium 85mg.

Jambalaya

Jambalaya is a spicy southern rice dish with tomatoes and veggies. This recipe is Creole style, which means that the rice is simmered in tomato paste, rather than just water. Although this recipe calls for zucchini and okra, but eggplant, mushrooms or yellow squash could also be used.

Ingredients:

- 1 onion, chopped
- 3 cloves garlic, minced
- 2 ribs celery, chopped
- 1 green bell pepper, chopped
- 1 1/2 cups uncooked rice
- 1 6 oz can tomato paste
- 5 cups vegetable broth
- 2 zucchini, sliced
- 1 1/2 cups okra, fresh or frozen)
- 1 can diced tomatoes OR 4 large tomatoes, diced

- 1 cup mock meat, such as Gimme Lean or Morningstar Farms Crumbles (optional)
- 1 tsp oregano
- 1/2 tsp paprika
- 1/2 tsp cayenne (or to taste)
- 1/2 tsp black pepper
- 1 tsp dried parsley
- 1/2 tsp seasoned salt

Preparation: In a large bowl, mix tomato paste with broth until smooth and set aside. In a large pot, sauté onion, garlic, celery and green pepper until slightly soft, about 5 minutes. Add uncooked rice and allow rice to toast for one minute, stirring. Add tomato and broth mixture. Reduce heat, cover and simmer for about 10 minutes, stirring occasionally. In a separate skillet, sauté the okra, zucchini and mock meat until just barely cooked, about 3-5 minutes. After the rice has cooked about 10 minutes, add the sautéed mock meat and veggies, spices and diced tomatoes, stirring well. Cover, and allow to simmer 10-15 more minutes, stirring occasionally, until veggies are fully cooked and rice is soft. Serve with hot sauce if desired, and enjoy!

WOW TIP: Omit or reduce salt to control sodium content.

Recipe Source: vegetarian.about.com

Quick Chicken Parmesan

Ingredients:

- 4 boneless chicken cutlets, 4 oz. each
- 1½ tbsp olive oil
- Salt to taste
- Freshly ground black pepper
- ½ tsp dried oregano or Italian seasoning
- Flour for dredging
- 2 cups tomato sauce
- ¼ cup low-fat shredded mozzarella cheese
- ¼ cup freshly grated Parmesan cheese

Preheat oven to 375 degrees

Lay the chicken between two pieces of waxed paper. Pound each cutlet with the flat end of a mallet until thin. Heat the olive oil in a large, nonstick skillet. While the oil is heating, season the chicken with salt, pepper, and oregano or Italian seasoning and dredge it in flour. Saute the chicken over medium-high heat until golden brown, about 2 minutes on each side. Transfer the chicken to a shallow baking dish. Pour the tomato sauce over the chicken and sprinkle with both cheeses.

Bake 15-20 minutes until the sauce is bubbling and the cheese is melted and lightly golden. Let stand for 5 minutes before serving.

Serves 4. For nutrition facts and more good recipes, visit FOODFIT.

Sweet N' Sour Snapper with Cabbage & Broccoli

This healthy version of sweet n' sour is quick and easy with lots of flavor. The sauce has a sweet flavor without using sugar. Cook rice while making recipe. Prep time: 20 minutes.

Ingredients:

- ½ medium onion, sliced medium thick
- 4 medium cloves garlic, pressed
- 1 TBS minced fresh ginger
- 2 cups small broccoli florets, cut into about ½ inch pieces with no stem for quick cooking.
- 1 lb snapper filet cut into 1 inch pieces (use thick filets)
- 4 cups finely shredded green cabbage
- 2 TBS chopped fresh cilantro salt and white pepper to taste
- 1 TBS sesame seeds

Sweet n Sour Sauce

- 3 TBS soy sauce
- ¼ cup rice vinegar
- ¼ cup mirin rice wine
- 2 plus 1 TBS chicken or vegetable broth
- 2 TBS honey
- salt and white pepper to taste

Directions:

1. Mix together sauce ingredients, soy sauce, rice vinegar, mirin, 2 TBS broth and honey. Simmer in a small saucepan over high heat for about 15 minutes reducing to half the volume. Set aside. This will intensify the flavor.
2. While sauce is reducing prepare ingredients.
3. Heat 1 TBS broth in a stainless steel wok or large skillet. Healthy Stir-Fry onion in broth for 1 minute over medium high heat, stirring constantly.
4. Add garlic, ginger, snapper and continue to stir-fry for another 2 minutes.
5. Add broccoli and continue to stir-fry for another minute.
6. Add cabbage and continue to stir-fry for another 2-3 minutes, stirring constantly.
7. Add sweet n sour sauce, cilantro, salt and pepper to taste. Sprinkle with sesame seeds.

Serves 4

Recipe from: www.whfoods.com

Chili, Soups

Beans and Greens Soup

A hearty bean soup flavored with healthy chopped greens and diced tomato

Ingredients:

- 1 lb pinto beans, sorted, washed & soaked in water for 12 hrs or overnight
- 3 cloves garlic, peeled and crushed
- 1 large onion, peeled and chopped
- 1 ½ teaspoons cumin seed

- 1 teaspoon red pepper flakes
- ¼ cup chopped cilantro
- 2 teaspoons liquid smoke flavoring
- 4 cups finely chopped frozen kale, collards, or mustard greens, cooked
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 to 1 ½ tablespoons cider vinegar
- pepper, to taste
- 2 cups of diced fresh tomato
- ½ cup low-fat yogurt

Drain soaked beans and place in a heavy, deep non-aluminum pan. Add garlic, onion, cumin seed, red pepper flakes and enough water to cover by 2 inches. Bring to boil and lower to simmer and cook, covered, about 1-1.5 hours. Add more water as needed. Stir often and cook until beans are tender.

Preparation time: 2 hours

Servings: 8 (1.5 cup servings)

For healthy fruit and veggie recipes, check www.fruitsandveggiesmorematters.org

NUTRITIONAL INFORMATION (per serving)

Calories: 279

Carbohydrates: 46g

Total Fat: 5g

Cholesterol: 0mg

Saturated Fat: 1g

Dietary Fiber: 16.5g

% of Calories from Fat: 16%

Sodium: 340mg

Protein: 15g

Carrot Soup

Ingredients:

- 10 carrots, scraped and sliced
- 1 1/2 tablespoons sugar
- 2 cups water
- 3 tablespoons all-purpose (plain) flour
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground nutmeg
- 4 cups fat-free milk
- 2 tablespoons fresh parsley, chopped

Directions:

In a large saucepan, heat the carrots, sugar and water. Cover and simmer until the carrots are tender, about 20 minutes. Drain the carrots, reserving some of the liquid. Set aside.

In a separate saucepan, whisk together the flour, salt, pepper, nutmeg and milk. Cook over medium-high heat, stirring constantly until the white sauce thickens.

In a blender or food processor, add the cooked carrots and white sauce. Puree until smooth. Add reserved liquid to desired consistency. Ladle into separate bowls and garnish each with 1 teaspoon parsley. Serve immediately.

NUTRIENT ANALYSIS (per serving)

Calories 140

Cholesterol 3 mg

Protein 7 g

Sodium 216 mg

Carbohydrate 28 g

Fiber 3 g

Total fat trace

Saturated fat trace

Monounsaturated fat trace

Calcium 188 mg

Potassium 606 mg

Chunky Chicken Vegetable Soup

Ingredients:

- 1/2 lb. boneless skinless chicken breasts, cut into 1/2-inch cubes
- 1 tsp. oil
- 1 can (14-1/2 oz.) chicken broth
- 1-1/2 cups water
- 2 cups assorted cut-up vegetables (such as sliced carrots, broccoli flowerets and chopped red pepper)
- 1 envelope GOOD SEASONS Italian Salad Dressing Mix
- 1/2 cup MINUTE White Rice, uncooked (brown rice is better)
- 2 Tbsp. chopped fresh parsley

Directions:

1. Cook and stir chicken in hot oil in large saucepan until browned.
2. Add broth, water, vegetables and salad dressing mix. Bring to boil. Reduce heat to low; cover.
3. Simmer 5 minutes.
4. Stir in rice and parsley; cover. Remove from heat. Let stand 5 minutes.

Makes 5 (1-cup) servings.

NUTRITIONAL INFORMATION (per serving)

Carbohydrate 13g

Cholesterol 25mg

Sodium 620mg

Dietary fiber 1g

Sugars 4g

Protein 13g

For more recipes click: www.kraftfoods.com

Cream of Yam and Spinach Soup

Ingredients:

- 1 cup chopped onion
- 1/2 cup chopped celery
- 1 red bell pepper, seeded and chopped
- 2 tablespoons minced garlic
- 1 cup all-purpose flour
- 3 (16-ounce) cans fat-free chicken broth
- 3 cups fresh yams (sweet potatoes), peeled and diced, OR,
- 1 (29 ounce) can yams, drained
- 1 (10 ounce) bag fresh spinach leaves, stemmed and coarsely chopped
- 2 cups skim milk
- 1/2 cup sliced green onion stems (scallions)
- Salt and pepper to taste

Directions:

In a large heavy pot, coated with nonstick cooking spray, and over a medium-high heat, cook the onion, celery, red bell pepper and garlic until the vegetables are tender, about 5 to 7 minutes. Stir in the flour and gradually add the chicken broth, whisking until the soup is blended. Add the sweet potatoes and bring to a boil; reduce heat and cook approximately 20 minutes* or until the potatoes are very tender.

Add the spinach, milk, green onion stems, salt and pepper. Cook until spinach is wilted and soup well-heated and thickened, about 5 minutes.

Makes 8 Servings.

*Note: If using canned yams, cut in small chunks and stir in at the end of cooking.

Nutrition information per serving:

Calories: 208

Total fat: 1g

Carbohydrate: 40g

Cholesterol: 1g

Sodium: 197mg

Protein: 11g

Exchanges: 2 Starch, 1/2 Milk or Other Carbohydrate

Sodium: 157mg

<http://fitnessandfreebies.com/holidays/christmas/christmas21.html>

Roasted Butternut Squash Soup

Ingredients:

- 3 cups butternut squash, 1/2" pieces roasted
- 2 tablespoons butter
- 1 large onion, chopped
- 3 medium garlic cloves, minced
- 1 tablespoon ginger root, grated
- 1 teaspoon turmeric
- 1 teaspoon curry powder

- 2 3/4 cups Lo sodium vegetable broth
- 1 tablespoons Lo sodium vegetable broth
- 6 ounces Lo fat coconut milk
- 2 tablespoons cilantro, fresh

Directions:

Peel squash and cut into pieces. Place the squash in a bowl and toss very lightly with Sage (fresh if possible but dry will work), salt and pepper and a little EVO or Canola oil. Line a cookie sheet with parchment paper or foil (to help with clean-up) and turn out the squash on to the cookie sheet. Roast at 450 degrees F for about 30 minutes. You want the squash to brown (caramelize) well. Time saving hint . . . If you don't have time to roast the squash, you can use frozen squash that has thawed . . . but the roasting can be done ahead of time and will add so much flavor to the soup.

Heat 2 TBS butter and 1 TBS broth in medium soup pot. Sauté onion in butter and broth over medium heat for about 5 minutes, stirring frequently, until translucent. Add garlic, ginger, and continue to sauté for another minute. Add turmeric, curry powder, and mix well. Add squash and broth, and mix. Bring to a boil on high heat. Once it comes to a boil reduce heat to medium low and simmer uncovered until squash is tender, about 10 minutes.

Place in blender and blend with coconut milk. Make sure you blend in batches filling blender only half full. Start on low speed, so hot soup does not erupt and burn you. Blend until smooth, about 1 minute. Thin with a little broth if needed. Season to taste with salt and white pepper. Reheat, and add cilantro.

4 - 6 Servings

Nutrition Information

Calories: 128

Fat: 5.86 g

Saturated Fat: 3.9

Cholesterol: 12 mg

Carbohydrates: 17g

Fiber: 3g

Vit A: 6790 (IU)

brought to us by HAP

Gazpacho

This classic chilled tomato soup is chock full of garden-fresh vegetables, cholesterol-free, and made with very little added oil.

Ingredients:

- 4 cups tomato juice*
- ½ medium onion, peeled and coarsely chopped
- 1 small green pepper, peeled, cored, seeded, and coarsely chopped
- 1 small cucumber, peeled, pared, seeded, and coarsely chopped
- ½ tsp Worcestershire sauce
- 1 clove garlic, minced
- 1 drop hot pepper sauce

- 1/8 tsp cayenne pepper
- ¼ tsp black pepper
- 2 Tbsp olive oil
- 1 large tomato, finely diced
- 2 Tbsp minced chives or scallion tops
- 1 lemon, cut into 6 wedges

Directions:

1. Put 2 cups of tomato juice and all other ingredients except diced tomato, chives, and lemon wedges into the blender.
2. Purée.
3. Slowly add the remaining 2 cups of tomato juice to puréed mixture. Add diced tomato. Chill.
4. Serve icy cold in individual bowls garnished with minced chives and lemon wedges.

Yield: 6 servings. Serving size: 1 cup.

Each serving provides:

Calories: 87

Total fat: 5 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 593 mg*

*To cut back on sodium, try low-sodium tomato juice.

Hearty Turkey Chili

Ingredients

- 1/2 cup chopped onion
- 1 pound chopped leftover turkey
- 2 cups unsalted canned tomatoes
- 4 cups canned kidney beans, drained
- 1 teaspoon sugar
- 1 1/2 tablespoons chili powder
- 2 cups chopped celery
- 8 tablespoons fat-free sour cream (for topping)

Sauté the onions and turkey together over low heat until onions are cooked. Add the rest of the ingredients except for the celery. Cover and cook for 20 minutes, adding the celery during the last 10 minutes. Top each serving with a tablespoon of fat-free sour cream.

Nutritional Analysis (per serving):

Calories 240

Fat (grams) 4

Percent calories from fat 15

Percent polyunsaturated 6

Percent saturated 7

Percent monounsaturated 2

Cholesterol (milligrams) 43

Sodium (milligrams) 190
Protein (grams) 25
Carbohydrate (grams) 26
Fiber (grams) 8

NOTE: People with diabetes or those on calorie-controlled diets may count one serving as: 1 starch, 2 vegetable, and 3 meat servings.

By Mayo Clinic staff - www.mayoclinic.com

White Chipotle Chili

Ingredients:

- 8 ounces chicken breasts (cooked and diced)
- 1 teaspoon onion powder
- 32 ounces fat-free chicken broth
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon dried chipotle powder
- 30 ounces white beans, canned (rinsed and drained)
- 3 tablespoons fresh lime juice
- 1/4 cup fresh cilantro (chopped)

Preparation

1. Add ingredients to 3 ½ quart or larger slow cooker, except cilantro.
2. Cook on low at least 4 hours.
3. Top with cilantro and serve.

Prep Time: 10 min

Cook Time: 4 ¼ hours

Servings: 5

Recipe from: recipezaar.com

White Turkey Chili

Ingredients:

- 1-1/2 Cups onions, coarsely chopped
- 2 Cloves garlic, minced
- 1 Tablespoon olive oil
- 1 jalapeno pepper, minced
- 1 4-Ounce Can chopped mild green chilies
- 1 Teaspoon ground cumin
- 1/2 Teaspoon dried oregano
- 1/4 Teaspoon cayenne pepper
- 1/4 Teaspoon salt
- 1 Cup reduced-sodium chicken bouillon
- 1 19-Ounce Can white kidney beans (cannellini), drained and rinsed
- 2 Cups COOKED TURKEY, cut into 1/2-inch cubes
- 1/4 Cup fresh cilantro, coarsely chopped
- 1/2 Cup reduced-fat Monterey Jack cheese, grated

Directions:

In 3-quart sauce pan, over medium-high heat, saute onions and garlic in oil 5 minutes or until onion is tender. Add jalapeno pepper, chilies, cumin, oregano, cayenne pepper, and salt. Cook 1 minute. Stir in bouillon, beans and turkey. Bring to boil; reduce heat and simmer, uncovered, 20 to 25 minutes or until slightly thickened. Stir in cilantro.

To serve, ladle into bowls and top with 2 tablespoons cheese.

Yield: 4

Recipe by The National Turkey Federation

www.eatturkey.com/recipe/recipe.cgi/2/10857/

Winter Squash Soup

Ingredients:

- 1 teaspoon butter
- 1 medium onion, chopped
- 4 pounds winter squash, such as butternut or buttercup, peeled, seeded and cubed
- 4 cups of chicken broth
- 2 cups 1 percent low-fat milk
- 1 handful mint sprigs or rosemary
- 1 cinnamon stick
- 6 whole cloves
- 1/4 teaspoon whole peppercorns
- 1/4 teaspoon whole coriander seed
- 1/4 teaspoon crushed red pepper flakes
- Salt to taste
- Sour cream for garnish
- Mint or rosemary sprigs for garnish

Directions:

Melt the butter in a large saucepan. Add the onion and cook slowly over low heat until tender but not brown. (Keeping the pot covered will cause the onion to "sweat," creating moisture and cooking without burning.) Add squash and broth, and then heat the mixture to boiling over high heat. Reduce heat to low; cover and simmer 20 minutes or until squash is tender.

Meanwhile, in a medium saucepan, heat the milk, with mint or rosemary, cloves, peppercorns, coriander, and pepper flakes, to boiling. Remove from heat and set aside. When squash is fork-tender, puree it in a blender or food processor until smooth. Return to heat. Pour the infused milk through a fine strainer into the pureed squash. Taste and adjust salt as needed. Heat through.

Serve with a garnish of mint sprigs and a dollop of sour cream.

Makes six servings.

Nutrition information per serving:

Calories: 135

Protein: 8g

Carbohydrate: 23g

Fiber: 5g

Fat: 3g

Cholesterol: 5mg

Sodium: 570mg

<http://fitnessandfreebies.com/holidays/christmas/christmas23.html>

Zesty Mexican Soup

Ingredients:

- 1 medium onion minced
- 4 medium cloves garlic, chopped
- 2 TBS red chili powder
- 3 cups + 1 TBS chicken, or vegetable broth
- 1 small to medium green bell pepper diced, 1/4 inch pieces
- 1 small zucchini diced, 1/4 inch pieces
- 1 cup finely chopped collard greens
- 1 15oz can diced tomatoes
- 1 15oz can rinsed black beans
- 1 cup frozen yellow corn
- 1 4oz can diced green chili
- 1 tsp dried oregano
- 1 tsp cumin
- 1/4 cup chopped pumpkin seeds
- 1/2 cup chopped fresh cilantro
- salt and pepper to taste

Directions:

1. Heat 1 TBS broth in a medium soup pot. Healthy Sauté onion, garlic, and green peppers in broth over medium heat for about 5 minutes, stirring often.
2. Add red chili powder, mix in well and add broth, zucchini, collard greens and tomatoes. Cook for another 5 minutes and add beans, corn, green chili, oregano, and cumin.
3. Bring to a boil on high heat. Once it begins to boil, reduce heat to medium low and simmer uncovered for 15 minutes longer. (Simmering uncovered enhances the flavor) Add chopped cilantro, pumpkin seeds, salt and pepper.

Prep and Cook Time: 40 minutes . Serves 6

Healthy Cooking Tip: For the best flavor it's important to chop the collard greens very fine. In doing so, their flavors blend better with the other ingredients and are easier to eat. If they are too big, they may taste too bitter.

www.whfoods.com/genpage.php?tname=recipe&dbid=30

Desserts

Apple Tarts

"This is not your normal apple tart. The healthy date, nut crust allows you to indulge without guilt or compromising flavor."

Ingredients:

- 2½ cups walnuts
- 1½ cups dates
- 3 green apples, such as Granny Smith
- juice of 1 lemon in 2 cups water
- ¼ tsp cinnamon
- 1/8 tsp allspice
- 1/8 tsp ground clove
- 2 TBS honey
- ½ cup apple juice
- ¼ cup raisins

Directions:

Combine walnuts and dates in food processor. Make sure you remove pits if dates have them and cut off end where stem was. Process until well mixed and ground, but not smooth. About 40 seconds. It should be a coarse texture when done. Press evenly into a 9 inch tart pan. Set in refrigerator while making the filling.

Slice apples by cutting into quarters. Cut out core and slice crosswise in ¼ inch thick slices. Put into lemon water while you finish cutting apples. Drain well in colander when done. Place apples in a large skillet with rest of the ingredients and cook for about 10 minutes, stirring frequently on medium heat. Remove apples with a slotted spoon from hot pan to a bowl and cool completely.

Reduce liquid to about half the volume and cool separately. Spread apples evenly over crust. Brush syrup over apples. Can be served right away or will keep in refrigerator until needed. Keep tart covered in refrigerator so it doesn't pick up moisture. Top with a little vanilla yogurt if desired.

This crust is fantastic if done right. First of all, it is important to choose dates that are firm and not too gooey. Zahidi dates are usually good for this. When processing your crust you may have to do it in 2 batches. Combine half the dates and half the walnuts in each batch. Process well, but not too smooth. You should not process more than 40 seconds for each batch. You want to have a coarse texture that is still ground enough to hold together when pressed. Take a pinch of crust between your fingers and press it together. If it is over processed the crust will end up pasty and will not be good. If it is not quite ground enough it won't hold together.

Prep and Cook Time: 30 minutes.

Chilling time: about 1 hour

Serves 8

www.whfoods.com

Apricot Baked Apples

Ingredients:

- 8 Rome apples, cored (or other baking apple)
- ¾ cup apricot preserves
- ½ cup raisins
- ¼ teaspoon ground ginger
- ¼ teaspoon ground coriander
- 1 teaspoon ground cinnamon

Preheat oven to 375°.

Mix apricot preserves with next 4 ingredients. Spoon apricot mixture into apples. Place apples in baking dish. Add 1/2 inch of water. Bake at 375° for 45 - 60 minutes, basting frequently. Serve hot.

Serves 8

Nutrition information per serving:

Calories: 185

Protein: 0.6 g

Carbohydrate: 48 g

Fat: 0 g (0% of calories from fat)

Cholesterol: 0 mg

Sodium: 1.2 mg

Recipes by Patricia Bertron, R.D.

<http://www.pcrm.org/health/recipes/christmas.html>

Berry Dessert Nachos

Ingredients:

- 1/2 cup fat-free dairy sour cream
- 1/2 cup frozen fat-free whipped dessert topping, thawed
- Low-calorie sweetener equal to 2 tablespoons sugar
- 1/8 teaspoon ground cinnamon
- 6 7- to 8-inch fat-free flour tortillas
- Butter-flavor nonstick spray coating
- 1 tablespoon sugar
- 1/8 teaspoon ground cinnamon
- 3 cups raspberries and/or blackberries
- 2 tablespoons sliced toasted almonds
- 1 1/2 teaspoons grated semisweet chocolate

Directions:

1. In a small bowl stir together sour cream, dessert topping, liquid sweetener, and 1/8 teaspoon cinnamon; cover and chill.
2. Meanwhile, cut each tortilla into 8 wedges. Arrange wedges on 2 baking sheets. Lightly spray wedges with nonstick coating. In a small bowl stir together sugar and 1/8 teaspoon cinnamon; sprinkle over tortilla wedges. Bake in a 400 degree F oven about 5 minutes or until crisp. Cool completely on a wire rack.
3. To serve, place 8 tortilla wedges on each of 6 dessert plates. Top with raspberries and/or blackberries and sour cream mixture. Sprinkle with almonds and grated chocolate.

Makes 6 servings.

NUTRITIONAL INFORMATION (per serving)

Calories: 195

Total fat: 2g

Saturated fat: 0g

Cholesterol: 0mg
Sodium: 358mg
Carbohydrate: 38g
Fiber: 3g
Protein: 5g
Vitamin C: 70%
Calcium: 4%
Iron: 9%
Starch: 1.5 diabetic exchange
Fruit: 1 diabetic exchange

Fudgy Chocolate Walnut Pie

Ingredients:

- Vegetable oil spray
- 1/2 cup reduced-fat thin chocolate wafer cookie crumbs or chocolate graham cracker crumbs (about 10 wafers or 8 graham cracker squares)
- 1 cup sugar
- 3/4 cup fat-free evaporated milk
- 1/2 cup light corn syrup
- 3 tablespoons unsweetened cocoa powder (Dutch process preferred)
- 3 tablespoons semisweet chocolate chips
- Egg substitute equivalent to 3 eggs
- 2 tablespoons chopped walnuts

Preheat oven to 350°F. Spray a 9-inch pie pan with vegetable oil spray. Using your hands, pat crumbs on bottom of pie pan. In a medium saucepan, whisk together sugar, milk, and corn syrup; cook over medium heat until sugar has dissolved, 3 to 4 minutes, whisking occasionally. Remove from heat.

Whisk in cocoa powder and chocolate chips. Let mixture stand for 5 minutes, whisking occasionally to help it cool slightly. Whisk egg substitute into chocolate mixture until smooth; pour into pie pan. Sprinkle with walnuts. Place pie pan on a baking sheet.

Bake for 35 to 40 minutes, or until center is set (doesn't jiggle when pie is gently shaken). Let pie cool on cooling rack for 30 minutes. Serve warm or chilled.
Serves 8

NUTRITIONAL INFORMATION (per serving)

Calories: 240
Protein: 5 g
Carbohydrates: 51 g
Total Fat: 3 g
Saturated Fat: 1 g
Polyunsaturated Fat: 1 g
Monounsaturated Fat: 1 g
Cholesterol: 1 mg
Fiber: 1 g
Sodium: 111 mg

Holiday Treats

WOW Tip: Go easy on the treats. Even though they may include some healthier ingredients, there's that sugar to watch out for!

Peanut Butter Clusters

Ingredients:

- 10 ounces Peanut Butter Chips
- 1/2 cup dry-roasted, unsalted peanuts
- 1/2 cup regular oats, uncooked
- 1/2 cup raisins
- 1 teaspoon cinnamon

Directions:

Microwave chips in a bowl on high power until melted, about 1-1/2 minutes. Stir. Add remaining ingredients; mix thoroughly. Using your hands, firmly roll into 1-inch balls. Cool.

Yield: 3 dozen balls

Nutrition information per ball:

Calories: 64

Protein: 2g

Fat: 3g

Carbohydrates: 7g

Fiber: 0

Sodium: 19mg

Holiday Cheese Truffles

Ingredients:

- 2 - 8oz. cream cheese, softened
- 1 - 8oz. shredded sharp cheddar cheese
- 1 tsp. garlic powder
- Dash ground red pepper
- 1/4 cup chopped roasted red peppers
- 1/4 cup chopped green onions
- 1 2/3 cups chopped pecans
- Crackers

Directions:

Beat cream cheese, shredded cheese, garlic powder and red pepper until well blended. Divide in half. Add roasted red peppers to one half and green onions to other half; mix each half until well blended. Cover. Refrigerate several hours or until chilled.

Shape each mixture into 24 one inch balls. Roll in pecans. Cover and refrigerate.

For variety coat cheese balls with sesame seeds, fresh chopped parsley, paprika or shredded cheese. Alternately arrange different flavored truffles in a circle to resemble a holiday wreath. Create a decorative bow out of green onion strips.

Nutrition (one serving - 2 truffles and 5 crackers): 230 calories; 19 g total fat; 7 g saturated fat; 30 mg cholesterol; 290 mg sodium; 11 carbohydrates; 2 g sugar; 5 g protein.

For more ideas, visit Healthy Living @ www.kraftfoods.com/kf/HealthyLiving/

Orange Fruit Nut Truffles

Ingredients:

- 1-1/2 cup walnuts
- 1 cup orange-essence dried plums (prunes)
- 1/2 cup dried cranberries
- 1/2 cup chocolate-covered raisins (or plain raisins if preferred)
- 1 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- 1 teaspoon vanilla extract

Directions:

In a food processor with the knife blade, blend all ingredients until a dough-like ball forms. Using your hands, roll into 1-inch balls.

Optional: Top each with a walnut piece.

Yield: 3 dozen balls

Nutrition information per ball:

Calories: 62

Protein: 1g

Fat: 3g

Carbohydrates: 8g

Fiber: 1g

Sodium: 1mg

Mint Chocolate Clusters

Ingredients:

- 1 cup semisweet chocolate chips
- 1 teaspoon mint extract
- 1/2 cup pecan pieces
- 2/3 cup Cherrios
- 1/3 cup M&M's mini baking bits (or raisins)

Directions:

Microwave chocolate chips in a bowl on high power until melted, about two minutes. Stir in mint. Thoroughly stir in remaining ingredients. Using a teaspoon, drop 1-1/2 inch pieces on wax paper. Cool.

Yield: 2 dozen pieces

Nutrition information per piece:

Calories: 68

Protein: 1g
Fat: 4g
Carbohydrates: 7g
Fiber: 1g
Sodium: 8mg
<http://fitnessandfreebies.com/holidays/christmas/treats.html>

Chocolate Covered Strawberries

Ingredients:

- 60 large fresh strawberries, with stems left intact
- 1 (12-ounce) package semisweet or bittersweet chocolate chips
- 3/4 cup half and half cream
- 1 to 2 tablespoons brandy, your favorite liqueur, or 2 teaspoons prepared coffee

Directions:

Line a baking sheet or cookie pan with waxed paper.

Wash the strawberries and pat dry with paper towels; set aside. NOTE: Make sure the strawberries are completely dry. Even a drop of water in the melted chocolate can cause it to "seize" and turn the entire mixture into a grainy mess.

Methods of Melting Chocolate:

Double Boiler: In the top of a double boiler over hot water, not boiling water (don't let the bottom of the bowl touch the water, melt chocolate; add cream, stirring until smooth. NOTE: Be careful boiling water may cause steam droplets to get into chocolate which can result in "seizing," when the chocolate becomes stiff and grainy. NOTE: If you don't have a double boiler you can improvise one by placing a glass or stainless steel bowl over a pot of simmering water.

Remove from heat and blend in brandy, liqueur, or coffee. Let the chocolate cool slightly, but it should not set.

Microwave Melting Chocolate: In a microwave-safe bowl, melt chocolate chips using either the defrost setting or 10-percent power in the microwave. Microwave for 1 minute, then check and stir. If you need more time, do it in 10-20 seconds intervals and check and stir after each addition of microwave time. Remove the container from the microwave and stir the chocolate until completely melted. Baking chips and baking chocolate may appear formed and un-melted after heating but will become fluid after stirring. Blend in cream, brandy, liqueur, or coffee.

HOW TO DIP: Grasp the stem or green leaves of the strawberry and dip into the chocolate and swirl in chocolate to partially cover. Give the strawberry a little shake as you withdraw it from the chocolate (this will fill in all the cracks and leave a nice even line of of chocolate at the base.) When the strawberry is completely withdrawn from the chocolate, swirl it in a quick, clockwise motion to let the excess chocolate drip off. Place on the prepared cookie sheet. Repeat with the rest of the strawberries.

Either place strawberries into refrigerator or set aside to allow the chocolate to harden, about 30 minutes. Transfer fruit onto a serving platter to serve.

NOTE: The chocolate dipped strawberries are best if eaten within 24 hours - refrigerate for longer storage, but serve at room temperature for greatest flavor.

Recipe from: whatscookingamerica.net

Easy on the chocolate! Not all "chocolates" are heart healthy; but go ahead and enjoy a little dark chocolate once in a while. Remember: It's the antioxidants in the cocoa that are supposed to be healthy, not the sugar and fat. e

Recipes from: <http://lowfatcooking.about.com>

Salads, Slaw , Vinaigrette

Apple Raspberry Salad

Preparation Time: 2 hours # Servings: 8

Cups Fruits & Veggies per person: 1

Serving size: 1/8 recipe

Ingredients:

- 1 pkg (3 oz) raspberry flavored gelatin
- 1 cup, boiling water
- 1 pkg (10 oz) frozen raspberries or 1 cup fresh raspberries
- 1-1/2 cup chopped, unpeeled apples (suggested: empire, ida red, jonathan, McIntosh)
- 1 cup, unsweetened applesauce
- 1/4 cup, broken pecan pieces
- 1/2 cup celery, sliced

Directions:

In 2-quart mixing bowl, dissolve gelatin in boiling water. Add frozen raspberries and stir gently until raspberries are thawed. Stir in apples, applesauce, pecans and celery. Pour into serving dish or mold. Refrigerate about 2 hours or until mixture is set. Serve as salad or as an accompaniment to beef, pork or chicken.

NUTRITIONAL INFORMATION

Calories 50

Total fat 2g

Saturated fat 0g

Cholesterol 0g

Sodium 15g

Total Carbohydrates 10g

Dietary fiber 2g

Sugar 6g

Protein 1g

Arugula Salad With Spicy Vinaigrette

This delicious salad features the tang of citrus and the piquancy of hot pepper sauce.

Ingredients:

- 1/2 cup orange juice
- 2 tablespoons red wine vinegar
- 2 teaspoons jalapeño pepper sauce
- 1 teaspoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon sugar
- 1/8 teaspoon pepper
- 8 cups arugula leaves
- 2 cups torn romaine lettuce
- 1 cup yellow and/or red cherry tomatoes, halved
- 1 navel orange, peeled and sliced into half-rounds
- 6 oil-cured black olives, slivered
- 1/2 small red onion, thinly sliced

Directions:

1. In a small bowl, whisk together the orange juice, vinegar, jalapeño pepper sauce, oil, salt, sugar, and pepper.
2. In a salad bowl, combine the arugula, lettuce, tomatoes, orange, olives, and onion. Add the dressing, tossing to coat well.

Prep time: 25 minutes

Serves: 4

Per serving: calories 79; fiber 4 g; protein 3 g; total fat 3 g; saturated fat 0 g; cholesterol 0 mg; sodium 461 mg

www.rd.com

Asian Salad

Preparation Time: 10 minutes

of Servings: 4

Cups of F & V Per Person: 2

Serving Size: 1/4 recipe

Ingredients:

- 1 papaya
- 1 guava
- 1 Asian pear
- 1 lb spring salad mix
- 4 Tbsp low fat vinaigrette of your choice

Directions:

Cut papaya and guava into thin slices. Julienne the Asian pear. Put the spring mix salad in a large bowl. Toss with dressing. Mound on a platter. Place fruit slices on top and serve.

Nutritional Facts:

Calories 100

Total fat 3g

Saturated fat 0g

Cholesterol 0g

Sodium 190g

Total Carbohydrates 19g

Dietary fiber 6g

Sugar 10g

Protein 3g

Citrus Vinaigrette

A delicious alternative to the traditional oil and vinegar, this light, slightly sweet dressing is low in fat and is practically sodium-free! Makes about 1 1/2 cups

Ingredients

- 1 orange, peeled and chopped
- 1/4 cup chopped red onion
- 1/4 cup chopped fresh parsley
- 3/4 cup orange juice
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 2 T honey
- Fresh ground pepper

Mix all ingredients and shake well.

Nutritional information per 2 T serving:

Calories 70

Fat 5 g

Carbs 7 g

Sodium 10 mg

Source: www.healthatoz.com

Fresh Greens with Grilled Chicken, Oranges, Almonds & Ginger-Soy Vinaigrette

Ingredients:

Vinaigrette

- 1 Tblsp finely chopped shallots
- 2 Tblsp rice vinegar
- 1 Tblsp soy sauce
- 1 Tblsp peanut oil
- 1 Tblsp freshly grated ginger root
- salt to taste

Grilled chicken

- 4 skinless
- boneless chicken breasts
- 2 tsp olive oil

Greens

- 8 cups romaine lettuce, washed and torn into bit-sized pieces
- 1 cup canned mandarin orange sections, drained
- 1/4 cup thinly sliced almonds

Preparing the vinaigrette:

Place the shallots, vinegar & soy sauce in a small mixing bowl & whisk to combine. Continue whisking & slowly add the peanut oil & ginger. Season to taste with salt & pepper.

Cooking the chicken:

Preheat the grill to medium-high. Brush the chicken breasts with olive oil & season with salt & pepper. Grill the chicken on both sides until it is cooked through, about 4-6 minutes per side depending on the thickness of the breasts. Transfer the chicken to a cutting board to cool.

Preparing the salad:

Slice the chicken breasts into strips & place them in a mixing bowl. Add the oranges and 1/2 of the ginger-soy vinaigrette. Place the romaine lettuce in a separate bowl & toss it with the remaining vinaigrette. Arrange the chicken & oranges on top. Garnish with the almonds.

Serves 4

Visit FoodFit.com for more recipes.

Fruit Salad

Ingredients:

- 1/2 c Orange Juice
- 1/4 c Honey
- 1 pint Basket strawberries, stemmed and halved
- 1 half-pint Basket raspberries
- 1 half-pint Basket blueberries
- 2 Oranges, peeled and cut into sections
- 1 c Cantaloupe or honeydew melon balls
- 3 T Fresh mint leaves

Directions:

In a medium bowl, whisk juice and honey; add remaining ingredients. Toss gently to combine; chill 1 hour. Spoon salad into 4 individual bowls, dividing equally. Makes 4 servings.

NUTRITIONAL INFORMATION (per serving)

Calories: 194

Fat: 1g

Calories from Fat: 5

Cholesterol: 0 mg

Fiber: 2 g

Fuji Apple, Chicken and Bleu Cheese Salad

Ingredients:

- 3 Fuji apples, cored and cubed
- 3 Boneless skinless chicken breast halves, cooked and cubed
- 1 c Seedless red grapes, cut in halves if large
- 5 c Mixed salad greens
- 1/4 c Fat-free mayonnaise (for Dressing)
- 1/4 c Crumbled bleu cheese (for Dressing)
- 1-1/2 t Lemon juice (for Dressing)

Toss together apples, chicken, and grapes with bleu cheese dressing. Divide greens between four salad plates. Place a generous cupful of apple-chicken salad on each plate.

Makes 4 servings.

NUTRITIONAL INFORMATION (per serving)

Calories: 249

Fat: 6 g

Calories from Fat: 20

Cholesterol: 56 mg

Fiber: 3g

Glorious Fresh Fruit Salad

Ingredients:

- 2 apples, thinly sliced, unpeeled
- 1 c green or red grapes, seedless
- 1 banana, sliced
- 1 16 oz. can pineapple chunks, drained
- 1 c cantaloupe, cut up
- 1 kiwifruit, peeled and sliced
- 1/4 c sour cream, low fat or sour cream substitute (for dressing)
- 1 c cottage cheese, low fat, small curd, creamed (for dressing)
- 1 c yogurt, vanilla, low fat (for dressing)
- 2 T honey (for dressing)
- 2 tsp lime juice (for dressing)

To make dressing:

Combine sour cream, cottage cheese and yogurt. Mix well. Blend in honey and lime juice. To make salad, combine first five fruits with a little of the dressing; garnish with slices of kiwifruit. Serve remaining dressing separately.

Makes 6 servings.

NUTRITIONAL INFORMATION (per serving)

Calories: 230

Cholesterol: 7 mg

Fiber: 3 g

Fat: 2 g

Visit www.fruitsandveggiesmorematters.org.

Greek Dinner Salad (in 20 minutes)

Ingredients:

- 1/4 cup coarsely chopped fresh parsley
- 3 tblsp coarsely chopped fresh dill
- 1 tblsp extra virgin olive oil
- 1 tblsp fresh lemon juice
- 1 tsp dried oregano
- 6 cups shredded romaine lettuce
- 3 cups chopped tomatoes
- 1 cup thinly sliced red onion
- 3/4 cup (3 oz.) crumbled feta cheese
- 1 tblsp capers
- 1 cucumber, peeled, quartered lengthwise, and thinly slices
- 1 (19 oz.) can chickpeas, rinsed and drained
- 6 (6-inch) whole wheat pitas, each cut into 8 wedges

Combine first 5 ingredients in a large bowl; stir with a whisk. Add lettuce and next 6 ingredients; toss well. Serve with pita wedges. Yields 6 servings (1 serving=2 cups salad and 8 pita wedges.)

* This salad works well with many variations: change the fresh herbs, beans, and cheese to use what you have on hand.

Calories: 388 (29% fat)

Fat 14.8g (sat 3.8g, mono 4.8g, poly 1.4g)

Protein 15.7g

Carbohydrates 64.9g

Fiber 11.4g

Cholesterol 17mg

Iron 4.8mg

Sodium 779mg

Calcium 173mg

Recipe from: Cooking Light Magazine

Greek Lamb Salad with Yogurt Dressing

Ingredients:

- 2 teaspoon snipped fresh rosemary or 1/2 teaspoon dried rosemary, crushed
- 1 clove garlic, minced
- 8 ounces boneless lamb leg sirloin chops, cut 1/2 inch thick
- 8 cups torn fresh spinach or torn mixed salad greens
- 1 15-ounce can garbanzo beans, rinsed and drained
- 1/4 cup chopped, seeded cucumber
- 1/2 cup plain low-fat yogurt
- 1/4 cup chopped green onions
- 1/8 - 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 clove garlic, minced
- 1/4 cup dried tart cherries or golden raisins

Directions:

1. Combine rosemary and 1 clove garlic; rub evenly onto lamb chops. Place chops on the unheated rack of a broiler pan. Broil 4 to 5 inches from the heat for 12 to 15 minutes, turning once halfway through.* Cut lamb chops into thin bite-size slices.
2. Meanwhile, in a large bowl toss together spinach, garbanzo beans, and cucumber. Divide spinach mixture among 4 plates. Arrange lamb slices atop spinach mixture.
3. For dressing, in a small bowl combine yogurt, green onions, salt, pepper, and 1 clove garlic. Drizzle dressing over salads. Sprinkle with cherries. Prep Time: 30 minutes

Makes 4 servings.

Note: If desired, grill chops on the rack of an uncovered grill directly over medium coals to desired doneness, turning once halfway through. (Allow 10 to 14 minutes for medium-rare or 14 to 16 minutes for medium.)

Grilled Vegetable Salad

Ingredients:

Dressing

- 1/4 cup red wine vinegar
- 1 clove garlic, minced
- 1/2 teaspoon each oregano, cumin, chili powder, and dried
- mustard
- 1/2 cup olive oil
- dash cayenne (optional)

Salad

- 1 small eggplant
- 1 each red and yellow peppers
- 2 zucchini
- 1 red onion
- 3/4 cup crumbled feta cheese
- chopped fresh parsley (optional)

Directions:

1. Combine all dressing ingredients; set aside.
2. Cut eggplant into 1/2-inch-thick slices. Cut peppers into quarters and remove seeds and stems. Cut zucchini into 1/4-inch-thick slices lengthwise. Cut onion into 1/2-inch-thick wedges, stem intact. Brush all vegetables lightly with some dressing.
3. Place on grill and cook over medium high, turning occasionally, until tender and slightly charred, about 10-15 minutes. Remove vegetables from grill when cooked.
4. Cut peppers into strips. Arrange vegetables on platter and sprinkle with cheese. Drizzle with remaining dressing. Sprinkle with chopped parsley, if desired. Serve warm or at room temperature.

Serves: 4-6

www.rd.com

WOW Note: Feta cheese contains 6 grams total fat per ounce, 4.2 grams of that is saturated. (Cheddar cheese contains 9.5 total grams of fat, 6 grams saturated.)
www.annecollins.com/dietary-fat/fat-cheese.htm

Jalapeno Potato Salad

Put a zippy spin on regular potato salad with this delicious recipe!

Ingredients:

- 6 medium red potatoes, peeled and cubed
- 2 celery ribs, chopped
- 2 hard-cooked eggs, chopped
- 1/4 cup chopped onion
- 2 small jalapeño peppers, seeded and chopped (Use rubber or plastic gloves to protect your hands. Avoid touching your face.)
- 1/4 cup mayonnaise
- 3 tablespoons spicy brown mustard
- 3 teaspoons hot pepper sauce
- 1/4 teaspoon ground cumin
- 1/4 teaspoon pepper

Directions:

1. Place the potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 10-15 minutes or until tender. Drain; cool to room temperature.
2. In a large serving bowl, combine potatoes, celery, eggs, onion, and jalapeños.
3. In a small bowl, combine the mayonnaise, mustard, hot pepper sauce, cumin, and pepper.
4. Pour over potato mixture and toss gently to coat. Cover and refrigerate overnight.

Prep Time: 30 min. plus chilling

Serves: 5

WOW Tip: Use reduced fat mayonnaise to lower saturated fat content.
www.rd.com

Marinated Fruit Salad

Ingredients:

- 1/2 cup honey
- 1/4 cup water
- 1/4 cup lemon juice
- 1/4 cup orange juice
- 1/8 tsp. salt
- 2 cups honeydew melon balls
- 2 cups cantaloupe melon balls
- 2 nectarines, sliced
- 2 cups halved strawberries
- 1 cup blueberries

Preparation:

Combine honey and water in small saucepan and bring to a boil over high heat. Reduce heat and simmer 5 minutes, stirring occasionally. Add lemon and orange juices and cool completely. Place all fruits in large bowl and pour cooled marinade over all. Cover and refrigerate at least 2 hours before serving. 8 servings

Calories: 160

Fat: 0 grams

Sodium: 5 grams

Carbs: 37 grams

Vitamin C: 55% DV

Mixed Greens with Pan Grilled Portobello Mushrooms

Ingredients:

- 1/2 cup balsamic vinegar
- 1/2 cup vegetable broth
- 1 tablespoon olive oil
- 2 tablespoons water
- 2 cloves roasted garlic, crushed
- 4 portobello mushrooms
- 4 cups romaine lettuce, leaves torn
- 2 cups radicchio, leaves torn
- 2 cups endive, leaves torn
- salt and pepper to taste

Clean mushrooms, removing stems, and set aside. Whisk together balsamic vinegar and next 4 ingredients. Add half of vinegar mixture to a large skillet and heat until mixture starts to simmer. Add mushrooms, tops down. Cover, reduce heat to medium and cook 3 minutes. Turn mushrooms and cook an additional 4 to 5 minutes, until tender. Combine romaine lettuce and next 3 ingredients in a large bowl. Add remaining vinegar mixture, toss well. Divide lettuce equally between eight salad plates. Slice mushrooms and divide equally between eight plates. Add salt and pepper to taste. Serve immediately.

Serves 8

Nutrition information per serving:

Calories: 86

Protein: 5 g

Carbohydrate: 11.6 g

Fat: 1.8 g (18% of calories from fat)

Cholesterol: 0 mg

Sodium: 86 mg

Not-Your-Average Slaw

Take 2 cups each shredded red and green cabbage and 1/2 cup MIRACLE WHIP Light Dressing and mix & match your recipe from these options...

Fruit Options

- 1 red apple, sliced
- 1 fresh pear, chopped
- 1 cup drained canned pineapple tidbits
- 1/2 cup raisins

Vegetable Choices

- Carrot
- Celery
- Green onion
- Green pepper

Seasoning Possibilities

- 1 Tbsp. honey
- 1/2 tsp. curry powder
- 1/2 tsp. ground ginger
- 2 Tbsp. KRAFT 100% Grated Parmesan Cheese

Then follow our 2 simple steps:

MIX cabbage, fruit and 1/2 cup chopped vegetables; set aside.

COMBINE dressing and seasoning. Add to cabbage mixture; toss to coat.

Prep Time: 15 min

Total Time: 15 min

Makes: 8 servings, 2/3 cup each

See www.KraftFoods.com for nutrition information.

Seven Layer Salad

Ingredients:

- 1/2 cup plain yogurt
- 1/2 cup buttermilk
- 1/2 cup mayonnaise (lo-fat)
- 1/2 cup crumbled feta cheese
- 1 tsp. sugar
- 1/2 tsp. dried dill weed
- 9 oz. pkg. frozen cheese tortellini
- 4 cups baby spinach leaves
- 2 cups chopped red cabbage
- 2 cups Havarti cheese cubes
- 2 cups grape tomatoes
- 8 slices bacon, cooked crisp and crumbled (place on paper toweling to absorb excess)
- 1/2 cup freshly grated Parmesan cheese

Preparation:

Combine yogurt, buttermilk, and mayonnaise. Beat well. Stir in feta cheese, sugar, and dill weed and refrigerate. Cook tortellini as directed on package (you're really just thawing it). Drain tortellini and stir into dressing. Set aside.

Layer spinach and cabbage in 9x13 glass baking dish. Pour tortellini and dressing over. Top with Havarti and grape tomatoes. Sprinkle bacon over all, and top with Parmesan cheese.

Chill well. Serves 10

For more ideas: <http://busycooks.about.com/>

Sirloin Citrus Salad

Ingredients:

Salad

- 1 lb. Boneless, beef top sirloin steak, cut 1" thick, well trimmed
- 1 tsp. Olive oil
- 4 cups Romaine lettuce, torn
- 2 Oranges, peeled and separated into segments

Vinaigrette

- 2 tblsp. Orange juice
- 2 tblsp. Red wine vinegar
- 2 tsp. Olive oil
- 2 tsp. Honey
- 1-1/4 tsp. Dijon-style mustard

Prepare citrus vinaigrette by combining ingredients; set aside. Cut beef steak into 1/8 inch thick strips; cut each strip in half. Heat oil in a large nonstick skillet over medium-high heat. Stir-fry beef (1/2 at a time) 1-2 minutes. Remove with slotted spoon, season with salt, if desired. Toss lettuce, beef & oranges. Drizzle with Citrus Vinaigrette. Garnish with strawberries, if desired.

NUTRITIONAL INFORMATION (per serving)

Calories: 243

Fat: 8g

Calories from fat: 30

Cholesterol: 75 mg

Fiber: 2g

Sodium: 77

Strawberry Salad with Poppy Seed Dressing

Ingredients:

- 3 tblsp sugar
- 3 tblsp light mayonnaise
- 2 tblsp fat-free milk
- 1 tblsp poppy seeds

- 1 tlbps white wine vinegar
- 1 (10-ounce) bag romaine lettuce
- 1 cup sliced strawberries
- 2 tlbps slivered almonds, toasted

Combine first 5 ingredients in a small bowl, stirring with a whisk.

Place lettuce in a large bowl; add strawberries, and almonds, tossing to combine. Divide salad evenly among 6 plates. Drizzle 1 tlbps dressing over each serving.

Calories 78 (35% fat); Fat 3.3g; protein 1.8g; carbohydrates 11.5g; fiber 1.8g; Cholesterol 2mg; iron 0.8mg; sodium 45mg; calcium 53mg.

Tabbouleh

A Mediterranean salad of sorts, loaded with healthy bulghur, olive oil, fresh parsley, cucumbers, tomatoes, and scallions, making it an excellent source of vitamins, fiber and other nutrients.

Ingredients:

- 1/2 cup coarse bulghur
- 1 cup flat-leaf parsley
- 1/4 cup mint
- 2 medium tomatoes, chopped
- 2 medium cucumbers, peeled, seeded and chopped
- 2 medium scallions, finely chopped
- 1/4 cup extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon fresh lemon zest, about 1 lemon
- 1 large garlic clove, minced, about 1 tablespoon
- 1 tablespoon mild honey
- 4 ounces Feta cheese, crumbled (optional)
- Salt and fresh cracked pepper to taste

Pour 1 cup boiling water over bulghur with 1/4 teaspoon salt in a bowl. Cover and let stand until tender, about 30 minutes. Drain in a sieve, pressing to remove excess liquid. Toss bulghur with remaining ingredients, salt and pepper to taste. Chill for a couple of hours. Serve with pita bread, crackers or whatever you fancy.

Serves 4 to 6 | Vegetarian

Source: Adapted from Gouremet, July 2008 issue

www.divaflava.net/2008/07/12/tabbouleh

Thai Pasta Salad

Ingredients:

Salad

- 1 package (10-12 oz.) vermicelli rice noodles ("rice stick")
- 2 tomatoes, cut into small slices
- 5 green onions, sliced finely
- 1 can miniature corn cobs, drained and chopped into bite-size pieces
- 1-2 cups snow peas, steamed and then "shocked" (place in cold water

immediately after steaming)

- 1 cup bean sprouts 1 cup fresh coriander, roughly chopped
- 1 can cooked shrimp / Or for vegetarians: 1/2 cup deep-fried tofu, cut into small cubes

Garnish

- 1 handful each of fresh basil
- fresh coriander
- chopped peanuts

Dressing

- 1 cup fresh basil
- 1/4 cup dry-roasted peanuts, unsalted
- 1 Tbsp. olive oil
- 1 tsp. sesame oil
- 2 Tbsp. fish sauce or vegetarian fish sauce (if unavailable, substitute tamari sauce)
- 5 Tbsp. naturally-brewed tamari sauce (If you aren't sensitive to gluten/wheat, you can use soy sauce)
- 1 fresh red chilli, de-seeded, or 1 tsp. chilli sauce (or more if you prefer it extra spicy)
- 1 tsp. brown sugar
- Juice of 2 limes
- 3 cloves garlic

Place noodles in a pot of boiling water. Using a wooden spoon, "push" noodles down into the pot until they are covered by the water. Turn off heat and place a lid on the pot, allowing the noodles to soften in the hot water for 10-15 minutes.

Cooking Tip: vermicelli rice noodles do not need to be cooked like other noodles. If they are boiled, they will lose their consistency and flavor.

While noodles are softening, place all the dressing ingredients in a food processor. Process well to form a paste-like dressing. Set aside. Taste test the noodles to make sure they are soft enough to eat. When ready, drain remaining water from the noodles. Then tip noodles into a large mixing bowl. Add the bean sprouts while noodles are still hot and gently toss (the residual heat from the noodles is enough to lightly cook the sprouts).

Add to the mixing bowl the tomatoes, green onion, corn cobs, shrimp or tofu, and fresh coriander. Toss to mix. Tip: If you're having trouble combining the noodles with the other ingredients (because the noodles are too long and tangled), cut the noodles several times with a large pair of clean scissors. Now add the dressing, tossing well to incorporate.

Taste test the noodle salad. If not salty enough, add more fish sauce or soy sauce. If not spicy enough, add more chilli sauce. If too salty, add more lime juice.

Eat immediately, or cover and allow to sit in the refrigerator for an hour. Place on a serving platter or in a salad dish and sprinkle with fresh basil, coriander and peanuts. Serve with wedges of lime and additional Thai chilli sauce on the side. Note: this dish

tastes best when eaten fresh, as the noodles tend to dry out when left in the refrigerator for long periods.

<http://thaifood.about.com/>

Tossed Salad with Pears, Pecans and Blue Cheese

An elegant starter for a dinner party, this salad combines three salad greens plus chives for lots of beta carotene.

Ingredients:

- 2 pears, halved, cored and sliced lengthwise
- 3/4 cup low-fat (1.5 percent) buttermilk
- 2 tablespoons blue cheese, crumbled
- 1 tablespoon white wine vinegar
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons fresh chives or scallion greens, snipped
- 4 cups Boston lettuce, torn
- 6 cups red leaf or other looseleaf lettuce, torn
- 2 cups watercress leaves
- 1 1/2 cups cucumber half-rounds, thinly sliced
- 3 tablespoons toasted pecans, chopped

1. In a small bowl, toss the pears with 2 tablespoons of the buttermilk. In a another small bowl, whisk together the remaining 1/2 cup plus 2 tablespoons buttermilk, the blue cheese, vinegar, salt, and pepper. Stir in the chives.
2. In a large bowl, toss together the Boston and red leaf lettuces, the watercress, and cucumber. Arrange the greens on plates and top with the sliced pears and toasted pecans. Drizzle with some of the dressing and serve the remainder alongside.

Serves: 6

Prep time: 20 minutes

Per serving: Calories 102; fiber 3 g; protein 4 g; total fat 4 g; saturated fat 1 g; cholesterol 4 mg; sodium 251 mg

www.rd.com

Tuscan White Bean Salad on Crostini

Dressing

- 2 teaspoons olive oil, divided
- 1 garlic clove, minced
- 1 teaspoon dried oregano
- 1/4 cup cider vinegar

Bean Salad

- 2 16-ounce cans cannelloni beans or other white beans, rinsed and drained
- 1-1/2 cups diced plum tomato
- 1/2 cup chopped Vidalia or other sweet onion
- 1/2 cup (2 ounces) crumbled blue cheese
- 1/3 cup chopped fresh parsley
- 1/2 teaspoon salt & 1/2 teaspoon pepper

Crostini

- Two loaves deli-style bread for the crostini (French, Italian, or whole-wheat).

To prepare salad dressing:

In a nonstick skillet, heat 1 teaspoon of olive oil over medium-high heat. Add the garlic and oregano; sauté for 30 seconds. Remove from heat and stir in vinegar.

To prepare the salad:

In a large bowl, combine remaining teaspoon of olive oil and the next 7 ingredients (beans through pepper). Add the dressing to the bean salad; toss lightly.

Cover and chill for 30 minutes before serving.

To prepare crostini:

Slice bread thinly. Toast under a broiler or in the toaster. Top with bean salad.

Serves 8.

Approximately 289 calories, 6 grams of fat per serving.

Salsa

Fresh & Chunky Salsa

Ingredients:

- 2 cups chopped tomatoes
- 1/2 cup chopped green or yellow peppers
- 2 green onions, sliced
- 2 tbsp snipped fresh cilantro or parsley
- 1 tbsp white wine vinegar
- 1/2 tsp ground cumin
- 1/2 tsp minced garlic
- Few dashes red hot pepper sauce

Stir together all ingredients. Serve with tortilla chips with no added fat. May cover and refrigerate up to 1 week.

Serving size: 1/4 cup

NUTRITIONAL INFORMATION (per serving)

Calories: 15 Kcal

Protein: 1 g

Carbohydrates: 3 g

Total fat: 0 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 85 mg

American Heart Association Quick and Easy Cookbook, 1995 @ Delicious Decisions

Mango Black Bean Salsa

"This is a fresh, colorful salsa that goes well with chicken, pork or fish dishes. It's also a perfect fat-free dip for baked tortilla chips."

Ingredients:

- 1 large mango, chopped
- 1/3 cup red onion, chopped
- 1 cup black beans, rinsed and drained
- 1/4 cup freshly chopped cilantro
- 1 jalapeno pepper, seeded and finely chopped
- Juice of 1 lime

Preparation:

Combine mango, red onion, black beans, cilantro and jalapeno in a medium bowl. Squeeze lime juice over mixture. Stir well, cover and refrigerate until ready to use.

Peach Salsa

"A delicious and fruity salsa to serve with grilled fish, pork or chicken, or to enjoy as an appetizer with baked tortilla chips."

Ingredients:

- 4 ripe, yellow peaches, peeled, stoned and chopped
- 1 small red onion, chopped
- 1 jalapeno pepper, seeded and finely chopped
- 1/4 cup freshly chopped cilantro
- Juice of 1 lime

Preparation:

Combine, peaches, onion, jalapeno, cilantro in a medium bowl. Drizzle lime juice over mixture and toss. Cover and refrigerate until ready to use.

Salsa Verde

"This salsa verde makes a nice accompaniment to grilled fish, chicken and other lean meats, or use as a dip with baked tortillas or fresh-cut veggies."

Ingredients:

- 1 pound tomatillos
- 1 small onion, roughly chopped
- 1/2 cup cilantro
- 1 jalapeno or Serrano pepper, chopped
- 1/2 tsp sugar

Preparation:

Place tomatillos (paper skin removed, and quartered), onion, cilantro and pepper into a food processor or blender. Add sugar and lime juice. Chop or blend to desired consistency. Empty into a bowl and chill to let the flavors develop.

Makes about 3 cups

Per 1/4 cup serving: Calories 31, Calories from Fat 6, Total Fat 0.6g (sat 0.1g), Cholesterol 0mg, Sodium 3mg, Carbohydrate 5.6g, Fiber 1.5g, Protein 0.9g
<http://lowfatcooking.about.com/>

Sandwiches, Wraps

Vegetable Wraps With Chicken And Hummus

Ingredients:

- 1 cup diced cooked chicken
- ½ cup chopped cucumber
- ½ cup chopped red bell pepper
- ½ cup chopped raw sugar snap peas
- ½ cup chopped arugula
- ½ cup hummus
- 4 wraps or flour tortillas
- 4 lettuce leaves (leaf or butter lettuce works best)

1. Combine the chicken, cucumber, bell pepper, peas, arugula, and hummus in a bowl. (You can add different vegetables according to the season and your family's preferences.)
2. Lay the wraps on the counter and cover each with a lettuce leaf. Divide the vegetable mixture among them and spread, leaving at least a half-inch border around the edge.
3. Roll up tightly, tucking in the edges as you roll. Cut in half and wrap in plastic food film.
4. Combine a cup of diced cooked chicken with ½ cup of chopped cucumber, red bell pepper, raw sugar snap peas, and arugula. Stir in a ½ cup of hummus to hold it together. Lay a lettuce leaf on each of the 4 wraps and spread the vegetable mixture, leaving a ½ inch border all around. Roll tightly, tucking in the sides as you go, making a neat package-no loose ends with this snack. This healthful treat provides 1 ½ servings of vegetables for each person.

Serves 4

Provides 1½ vegetable servings per person

NUTRITIONAL INFORMATION (per serving)

Calories 190

Fat 3 g

Calories from fat 16%

Saturated fat 1 g

Calories from saturated fat 5%

Carbohydrates 25 g

Sodium 355 mg

Dietary fiber 10 g

Snacks

Cajun Spiced Pecans

Ingredients:

- 1 pound pecan halves
- 4 Tbs butter, melted
- 1 Tbs chili powder
- 1 tsp salt
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp cayenne pepper

Combine all ingredients in Crock Pot. Cover and cook on high for 15 minutes. Turn on low, uncovered, stirring occasionally for 2 hours. Transfer nuts to a baking sheet and cool completely. Pack into glass jars and decorate with bows for holiday gifts.

www.southernfood.about.com

WOW Tip: Eat sparingly!

Honey-Roasted Nuts & Fruit

Ingredients:

- 1 tsp. butter (olive oil)
- 1/4 cup honey
- 1/4 cup slivered almonds
- 1/4 cup chopped hazelnuts
- 1/4 cup chopped pecans
- 1/2 cup sunflower seeds
- 1/2 tsp. cinnamon, ground
- 1/4 tsp. cardamon, ground
- Dash of ground cloves
- 1 cup raisins

Preparation:

1. Line a baking sheet with parchment paper or foil; coat with olive oil spray.
2. Heat butter (olive oil) in large nonstick skillet over medium-heat. Stir in honey; cook 2 minutes or until mixture bubbles around edges of pan. Add nuts and next 5 ingredients, and cook over medium heat 8 minutes or until nuts are golden, stirring frequently. Stir in raisins. Immediately spread onto prepared baking sheet; cool completely.

Yield: 8 (1/4 cup) servings.

Calories 194; fat 9 g (sat1 g, mono 5 g, poly 2.8 g); protein 3 g; carbohydrates 28 g; fiber 2 g; sodium 82 mg; calcium 30mg.

Recipe from "Cooking Light" magazine

WOW Tip: Eat sparingly!

Roasted Red Pepper and Walnut Dip

Ingredients:

- 2 slices firm white bread, torn
- 1/2 teaspoon ground cumin
- 1/8 teaspoon ground red pepper (cayenne)
- 4 medium red peppers
- 1 tablespoon olive oil
- 2 tablespoons raspberry vinegar
- 1/2 teaspoon salt
- Toasted pita triangles
- 1/2 cup walnuts

Directions: Preheat broiler if manufacturer directs. Line broiling pan with foil. Broil peppers at closest position to source of heat, turning occasionally, 10 minutes or until charred and blistered all over. Remove from broiler. Wrap foil around peppers and allow to steam at room temperature 15 minutes or until cool enough to handle.

Meanwhile, turn oven control to 350 degrees. Spread walnuts in metal baking pan and bake 8 to 10 minutes, until toasted. In 1-quart saucepan, toast cumin over low heat 1 to 2 minutes, until very fragrant.

Remove peppers from foil. Peel off skin; discard skin and seeds. Cut peppers into large pieces. In food processor with knife blade attached, blend walnuts until ground. Add roasted peppers, cumin, bread, raspberry vinegar, olive oil, salt, and ground red pepper; blend until smooth. Transfer to bowl. Cover and refrigerate if not serving right away. Remove from refrigerator 30 minutes before serving. Serve with toasted pita triangles.

NUTRITION INFORMATION per 1-tablespoon serving:

Calories: 25

Fat: 2g

Cholesterol: 0mg

Sodium: 40mg

Recipe from: www.fitnessandfreebies.com. This recipe is no longer available at this link, but a different roasted red pepper and walnut dip may be found at www.foodnetwork.com

Vegetable Dishes, Bean Dishes, Side Dishes

Asparagus Gratin

Ingredients:

- 1 large shallot, finely chopped
- 2 tablespoons olive oil
- 2 teaspoons olive oil
- 2 slices white bread
- 2 lbs asparagus, trimmed
- 3/4 teaspoon salt
- 1/4 cup grated parmesan cheese

- 1 tablespoon chopped parsley
- 1 tablespoon lemon juice
- lemon wedges (optional)

Directions:

Preheat oven to 400°F.

In 1-quart saucepan, cook shallot in 2 tablespoons olive oil over medium-low heat until golden, about 6 minutes. Remove saucepan from heat; cool slightly. Tear bread into small crumbs. Spread crumbs on jelly-roll pan and bake 3 to 6 minutes until golden.

In 12-inch skillet, heat 1 inch water to boiling over high heat. Add asparagus and 1/2 teaspoon salt; heat to boiling. Reduce heat to medium-low and simmer, uncovered, 5 to 10 minutes until asparagus spears are tender; drain.

Place asparagus in shallow, broiler-safe dish; drizzle with 2 teaspoons olive oil. Preheat broiler if manufacturer directs.

In medium bowl, toss bread crumbs with Parmesan cheese, parsley, lemon juice, shallot mixture, and 1/4 teaspoon salt. Sprinkle bread-crumbs mixture over asparagus. Place dish in broiler 5 inches from source of heat; broil about 3 minutes or until lightly browned. Transfer to platter to serve, if you like. Serve with lemon wedges.

Prep time: 25 minutes 10 mins. Serves 6-8

Nutrients per Serving:

- Calories 129
- Total Fat 7.8g
- Saturated Fat 1.7g
- Polyunsat. Fat 1.0g
- Monounsat. Fat 4.8g
- Trans Fat 0.0g
- Cholesterol 3mg
- Sodium 433mg
- Potassium 370mg
- Total Carbohydrate 11.4g
- Dietary Fiber 3.3g
- Sugars 2.4g
- Protein 6.0g

Recipe from: www.recipezaar.com/162659

WOW TIP: Reduce sodium content by decreasing salt to 1/4 tsp. Increase nutrient and fiber content by substituting whole wheat bread for white bread.

Broccoli Baked Potato

Preparation Time: 1 hour, 30 minutes

Servings: 6

Cups of Fruit & Veggie serving per person: 2

Ingredients:

- 6 medium Idaho potatoes
- 3 stalks broccoli
- 1/4 cup skim milk
- 1 cup shredded light cheddar cheese
- 1/8 tsp pepper

Directions:

Scrub potatoes. Make shallow slits around the middle as if you were cutting the potatoes in half lengthwise. Bake at 350°F for 30 - 60 minutes until done, depending on size. Peel broccoli stems. Steam whole stalks just until tender and chop finely.

Carefully slice the potatoes in half and scoop the insides into a bowl with the broccoli. Add milk, 3/4 cup cheese and pepper. Mash together until the mixture is pale green with dark green flecks. Heap into the potato jackets and sprinkle with remaining cheese. Return to oven to heat through (about 15 minutes).

NUTRITIONAL INFORMATION

Calories 210

Total fat 1g

Saturated fat 2g

Cholesterol 1g

Sodium 140g

Total Carbohydrates 39g

Dietary fiber 5g

Sugar 3g

Protein 10g

Roasted Garlic and Fava Bean Paté

Ingredients:

- 1 16-ounce can fava beans
- 1 medium tomato, diced
- 2 - 3 cloves roasted garlic
- 1/4 cup onion, diced
- 1 tablespoon fresh parsley, chopped
- salt and pepper to taste

Directions:

Press fava beans through a strainer to remove outer skins. Place in food processor and add tomato, roasted garlic, onion, and parsley. Purée ingredients. Add salt and pepper to taste. Serve with warm, crusty bread.

Serves 8

Nutrition information per serving:

Calories: 62

Protein: 3.3 g

Carbohydrate: 11.6 g

Fat: 0.3 g (5% of calories from fat)

Cholesterol: 0 mg

Sodium: 127 mg

Rosemary New Potatoes

Ingredients:

- 2 pounds red new potatoes, quartered
- 1 teaspoon olive oil
- 1/8 teaspoon sea salt
- 1 teaspoon dried rosemary, crushed
- cooking spray

Directions:

Preheat oven to 375°

Place new potatoes in a large bowl. Drizzle with oil. Add sea salt and rosemary, mix thoroughly. Spoon onto heated non-stick baking sheet. Bake at 375° for 50 minutes.

Serves 8

Nutrition information per serving:

129 calories

Protein: 2.6 g

Carbohydrate: 28.7 g

Fat: 0.7 g (4% of calories from fat)

Cholesterol: 0 mg

Sodium: 154 mg

Savory Black-Eyed Peas With Bacon

Ingredients:

- 4 slices bacon, cut into 1-inch pieces
- 2 1/2 cups chicken broth
- 1 cup dried black-eyed peas, sorted and rinsed
- 2 medium celery ribs, sliced (1 cup)
- 1 large onion, chopped (1 cup)
- 1 1/2 tablespoons chopped fresh savory (or 1 1/2 teaspoons dried savory)
- 1 garlic clove, finely chopped
- 3 medium carrots, thinly sliced (1 1/2 cups)
- 1 large green bell pepper, cut into 1-inch pieces
- 1/2 cup shredded monterey jack pepper cheese

Directions:

1. Cook bacon in 10-inch skillet over medium heat, stirring occasionally, until crisp. Remove bacon with slotted spoon; drain on paper towels. Drain fat from skillet.
2. Heat broth, peas, celery, onion, savory and garlic to boiling in same skillet.
3. Boil uncovered 2 minutes; reduce heat. Cover and simmer about 40 minutes, stirring occasionally, until peas are almost tender (do not boil or peas will burst).
4. Stir in carrots and bell pepper.
5. Heat to simmering. Cover and simmer about 13 minutes, stirring occasionally, until vegetables are tender; stir.
6. Sprinkle with cheese and bacon.

Serves 4

Prep Time: 1 hour 10 minutes 10 mins

Recipe from: www.recipezaar.com/137315

WOW Healthier Recipe Tip:

To reduce fat content - use a low-fat or fat free bacon (there are some turkey bacon varieties). Drain bacon well if it does contain fat. Use low-fat cheese. Both bacon and cheese may be omitted or cut in half.

To reduce sodium content - use low sodium broth, low sodium bacon, low sodium cheese.

Spice Roast

Ingredients

- 2 cups vital wheat gluten
- 2 tablespoons nutritional yeast
- 1 teaspoon thyme
- 1 teaspoon marjoram
- 2 cups vegetable broth
- 1 tablespoon soy sauce
- 1 small onion, sliced
- 2 cups hot water
- 2 tablespoon soy sauce
- 1 Golden Gravy (recipe follows)

(Wheat gluten or wheat protein is a delicious substitute to meat. It is delicious baked and has a chewy, meat-like texture. It can be purchased in most health food stores.)

Combine first 4 ingredients in large bowl; make a well in the center of the mixture. Combine vegetable broth and soy sauce, add to dry ingredients and knead. Transfer mixture to a 9" x 5" x 3" non-stick loafpan. Add sliced onion to top of loaf. Combine hot water and soy sauce; pour over loafpan. Cover with foil and bake at 350° for 1-1/2 hours. Let cool before slicing. Serve with golden gravy.

Golden Gravy

- 2 tablespoons safflower oil
- 1/4 cup flour
- 2 tablespoons nutritional yeast
- 2 cups vegetable broth
- black pepper to taste

Add safflower oil to saucepan. Place over medium heat until hot. Add flour and nutritional yeast, stirring constantly until mixture starts to bubble. Whisk in vegetable broth. Stir until mixture thickens and comes to a boil. Reduce heat and simmer 1 - 2 minutes, stirring occasionally. Add black pepper to taste.

Serves 6

Nutrition information per serving:

Calories: 301

Protein: 41 g

Carbohydrates: 16.8 g

Fat: 7.2 g (21% of calories from fat)

Cholesterol: 0 mg

Sodium: 312 mg

Steamed Broccoli

Ingredients:

- 8 cups broccoli florets
- 3/4 cup vegetable broth
- 1/4 cup water
- 1 tablespoon lemon juice
- 1 clove garlic, crushed
- 2 tablespoons fresh parsley, chopped

Directions:

In a large pot, add about one inch of water. Place steam basket inside pot. Add broccoli, cover and steam 2 - 3 minutes. Remove from steamer to large bowl.

Whisk together vegetable broth and next four ingredients. Pour over broccoli and mix thoroughly. Serve hot.

Serves 8

Nutrition information per serving:

Calories: 30

Protein: 2.4 g

Carbohydrate: 4.9 g

Fat: 0.1 g (3% of calories from fat)

Cholesterol: 0 mg

Sodium: 116 mg

Steamed Vegetable Medley

Ingredients:

Vegetables

- 1 cup thinly sliced carrot
- 2 cups chopped collard greens, stems removed
- 1 medium onion sliced thick
- 1 cup cubed zucchini (quarter lengthwise and slice about ½ inch thick)

Dressing

- extra virgin olive oil to taste
- 1 medium clove garlic pressed
- 1 TBS fresh lemon juice
- salt and cracked black pepper to taste
- *optional 1 tsp soy sauce

Directions:

1. Bring lightly salted water to a boil in a steamer with a tight fitting lid. Add carrots, cover, and steam for 3 minutes. Without removing carrots add collard greens, and steam for another 3 minutes. Then add onion and zucchini and steam for another 3 minutes.
2. Remove from steamer and place in bowl. Toss with dressing ingredients.

For a wonderful variation try steaming a piece of salmon or chicken on top of vegetables for a 1 dish meal that is quick, clean, and healthy.

Serves 2

For the nutritional profile visit: www.whfoods.com/index.html

Sunshine Rice

This citrusy rice contains almonds, celery, and onions, but no added salt, for a flavorful low-sodium side dish.

Ingredients:

- 1½ Tbsp vegetable oil
- 1¼ cups celery with leaves, finely chopped
- 1½ cups onion, finely chopped
- 1 cup water
- ½ cup orange juice
- 2 Tbsp lemon juice
- dash hot sauce
- 1 cup long-grain white or brown rice, uncooked
- ¼ cup almonds, slivered

Directions:

1. Heat oil in medium saucepan. Add celery and onions and sauté until tender, about 10 minutes.
2. Add water, juices, and hot sauce. Bring to a boil. Stir in rice and bring back to a boil. Let stand covered until rice is tender and liquid is absorbed.
3. Stir in slivered almonds. Serve immediately as a side dish for a fish entrée.

Yield: 4 servings

Serving size: 1/3 cup

Each serving provides:

Calories: 276

Total fat: 6 g

Saturated fat: less than 1 g

Cholesterol: 0 g

Sodium: 52 mg

Fiber: 5 g

Protein: 7 g

Carbohydrate: 50 g

Potassium: 406 mg

Vegetables with a Touch of Lemon

This heart-healthy sauce uses lemon juice, herbs, and a small amount of oil.

Ingredients

- ½ small head cauliflower, cut into florets
- 2 cups broccoli, cut into florets
- 2 Tbsp lemon juice

- 1 Tbsp olive oil
- 1 clove garlic, minced
- 2 tsp fresh parsley, chopped

Directions:

1. Steam broccoli and cauliflower until tender (about 10 minutes).
2. In a small saucepan, mix the lemon juice, oil, and garlic, and cook over low heat for 2 or 3 minutes.
3. Put the vegetables into a serving dish. Pour the lemon sauce over the vegetables.

Garnish with parsley.

Yield: 6 servings

Serving size: ½ cup

Each serving provides:

Calories: 22

Total fat: 2 g

Saturated fat: less than 1 g

Cholesterol: 0 g

Sodium: 7 mg

Calcium: 10 mg

Iron: less than 1 mg

Fiber: 1 g

Protein: 1 g

Carbohydrate: 2 g

Potassium: 49 mg

Zucchini Lasagna

Ingredients:

- 1/2 lb lasagna noodles, cooked in water
- 3/4 cup part-skim mozzarella cheese, grated
- 1 1/2 cups low fat or fat-free cottage cheese
- 1/4 cup Parmesan cheese, grated
- 1 1/2 cups raw zucchini, sliced
- 2 1/2 cups tomato sauce
- 2-3 tsp basil, dried
- 2-3 tsp oregano, dried
- 1/4-1/2 cups onion, chopped
- 1-3 cloves garlic
- 1/8 tsp black pepper

Directions:

1. Preheat oven to 350 degrees F. Lightly spray 9X13-inch baking dish with vegetable oil.
2. In small bowl, combine 1/8 cup mozzarella and 1 tablespoon Parmesan cheese. Set aside.
3. In medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread thin layer of tomato sauce in bottom of baking dish. Add a third of noodles in single layer. Spread half of cottage cheese mixture on top. Add layer of zucchini.

5. Repeat layering. Add thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.
6. Bake for 30 to 40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions.

Yields 6 servings.

Each serving provides:

Calories: 276

Total fat: 5 g

Saturated fat: 2 g

Cholesterol: 11 mg

Sodium: 380 mg

Total fiber: 5 g

Protein: 19 g

Carbohydrates: 41 g

Potassium: 561 mg

For more healthy recipes visit www.everydayhealth.com

Looking for flavorful spices that have antioxidant properties?

Pull out the ground cloves, ground cinnamon, oregano, ginger, and turmeric!

www.sciencedaily.com

www.nutraingredients-usa.com

www.whfoods.com



Some other foods with significant antioxidant content:

Artichokes, beans, russet potatoes, cranberries, blueberries, blackberries, raspberries, strawberries, pecans, walnuts and hazelnuts.

Some foods with anti-inflammatory action:

Salmon, walnuts, onions, blueberries, sweet potatoes, spinach, garlic, pineapple, ginger, turmeric.

www.livestrong.com/article/195961-anti-inflammation



2011 Recipes of the Month

January

- Greek Stuffed Vegetables
- Basil Green Beans
- Low Fat Cornbread

February

- Chicken Skewers, San Francisco-style with Asian Slaw

March

- Portobello Mushroom Sandwich with Dijon Balsamic Vinaigrette
- Minestrone Soup

April

- Crispy Shrimp Sensations
- Southern Shrimp & Sausage

May

- Roasted Red Pepper Hummus
- Baked Tortilla Chips

June

- Couscous Tabbouleh
- Grilled Chicken Breast

July

- Roasted Vegetable Sandwich
- Strawberry Pork Chops
- Strawberry Balsamic Chicken
- Strawberry Salsa
- Double Strawberry Pie

August

- Low Fat Fettuccine Alfredo Recipes
- Grilled Rosemary-Salmon Skewers

September

- Broiled Orange Roughy Parmesan
- Brown Rice Pilaf with Asparagus and Mushrooms

October

- Individual Three-Cheese and Vegetable Quiches
- Fall Fruit Salad with Apples, Pears, and Cranberries
- Apple, Grapefruit, Beet Salad

November

- Apple-Shallot Roasted Turkey
- Cider Gravy
- Mashed Roots with Buttermilk & Chives

December

- Five-Spice Roasted Duck Breasts
- Barley & Wild Rice Pilaf with Pomegranate Seeds
- Simple Sautéed Spinach



August

- Low Fat Fettuccine Alfredo Recipes
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Greek Stuffed Vegetables

Ingredients

- 3/4 cups short-grain brown rice, rinsed and drained
(or 1 1/2 cups long-grain brown rice)
- 6 small green bell peppers
- 6 small tomatoes
- 1 medium onion, finely chopped, about 1 cup
- 1/3 cup snipped fresh dill
- 1/3 cup finely chopped flat-leaf parsley
- 1/4 cup feta cheese, crumbled
- 1 Tbsp. fresh lemon juice
- Salt and freshly ground black pepper, to taste
- 1 cup fat-free, reduced-sodium chicken broth



Directions:

Cook rice according to package directions. Turn rice into mixing bowl and let sit 15 minutes to cool slightly. Preheat oven to 350 degrees.

Slice tops off peppers and tomatoes and set tops aside. Remove seeds and membranes from peppers. Using a melon baller or small spoon, scoop out tomato flesh and reserve. Discard seeds from tomato flesh and chop the meat into 1/4-inch pieces.

Add tomato, onion, dill, parsley and cheese to rice. Use a fork to mix together, taking care not to mush rice or cheese. Mix lemon juice into rice, and season to taste with salt and pepper.

Stuff peppers and tomato shells loosely with rice mixture, using about 1/2 cup each. Arrange stuffed vegetables in a baking dish just large enough to hold them (9x13-inch or bigger). Replace tops on stuffed tomatoes and peppers. Pour chicken broth into pan. Bake about 1 1/4 hours, until vegetables are soft but still hold their shape.

Serve lukewarm or at room temperature. Vegetables are best when made the day they are served, as rice turns hard when refrigerated.

Makes 6 main-course or 12 side-dish servings.

Per serving: 152 calories, 2 g total fat (1 g saturated fat), 30 g carbohydrate, 5 g protein, 4 g dietary fiber, 178 mg sodium

www.aicr.org/site/News2?news_iv_ctrl=1121&abbr=dc_rc_&page=NewsArticle&id=7259

WOW Tip: Other vegetables that could be used for the above stuffing mix include cabbage or kale leaves, zucchini, or eggplant.

See an alternative stuffed vegetable recipe at:

http://greekfood.about.com/od/vegetablerecipes/r/yemista_amyg.htm

Basil Green Beans

Makes 4 servings

Ingredients:

- 1 lb. fresh green beans
- 1 Tbsp. minced spring onion
- 1/2 tsp. butter or margarine
- 1 tsp. dried basil leaves
- 1 tsp. garlic powder
- Dash pepper

Directions:

Trim and snap green beans into thirds. (You can do this ahead of time.) Mince onion.

Put water on to boil to steam beans. As soon as water boils, steam beans for 12 to 17 minutes or until tender.

Melt butter or margarine and sauté onions until tender. Add steamed beans, basil, garlic powder and pepper. Toss beans with basil sauce to coat evenly and serve.

Per serving: 46 calories, 1 g total fat (0 g saturated fat), 8 g carbohydrates, 2 g protein, 1 g dietary fiber, 7 mg sodium

American Institute for Cancer Research

www.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7176&news_iv_ctrl=1128

Serving Size: 1/4 lb

Nutritional Facts: (Amount Per Serving)

Calories 46

Total Fat 1.0 g

Saturated Fat 0 g

Sodium 7 mg

Carbohydrates 8 g

Dietary Fiber 1 g

Protein 2.0 g



Low Fat Cornbread

Makes 16 servings

Ingredients:

- 1 cup flour
- 1 cup cornmeal
- 1/4 cup sugar (more or less to taste)
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup plain nonfat yogurt
- 2 eggs, beaten (or 1/2 cup egg substitute)
- 1/2 cup whole kernel corn, drained (optional)
- 1/2 cup jalapeno pepper, chopped (optional)

Directions:

Preheat oven to 400 degrees F. In a medium mixing bowl, combine dry ingredients. Stir in yogurt and eggs. If using stir in corn and jalapeno peppers. Pour into 8 inch square pan sprayed with cooking spray (or use a cast iron skillet). Bake for approximately 20 minutes. (Cut into 16 squares.)

Best served warm.

www.food.com/recipe/low-fat-cornbread-87115

Serving Size: 1 square (48 g)

Nutritional Facts: (Amount Per Serving)

Calories 85.9

Calories from Fat 9

Total Fat 1.0 g

Saturated Fat 0.2 g

Monounsaturated Fat 0.3 g

Polyunsaturated Fat 0.2 g

Trans Fat 0.0 g

Cholesterol 26.7 mg

Sodium 174.7 mg

Potassium 77.7 mg

Magnesium 15.0 mg

Total Carbohydrate 16.1 g

Dietary Fiber 0.7 g

Sugars 4.4 g

Protein 3.0 g



Chicken Skewers, San Francisco-style with Asian Slaw

Makes 4 servings

Ingredients:

- ¾ pound boneless, skinless chicken breasts
- 36 fresh snow peas (about 6 ounces)
- 20 cherry tomatoes (about 1¼ pounds)

Marinade

- ¼ cup hoisin sauce
- ¼ cup rice wine vinegar
- 2 tablespoons canola oil
- ½ teaspoon sesame sauce



Directions:

In a medium bowl, whisk together the marinade ingredients. Set aside.

Remove and discard any visible fat from the chicken. Rinse and pat dry. Cut into ½-inch cubes. Place in the marinade, cover and refrigerate for at least 30 minutes or up to 2 hours. If using wooden rather than metal skewers, soak them in warm water for 30 minutes to prevent burning.

Light a grill, or preheat the broiler. Blanch the snow peas in boiling water to cover for 1 minute. Drain. Thread the chicken cubes, snow peas and cherry tomatoes onto 4 skewers.

Grill over medium-high heat for 3 to 4 minutes per side. Serve hot over a bed of crunchy Asian slaw.

Hoisin Sauce Substitute

- 1 c Soy Sauce Substitute
- 1 clove Garlic
- 1 Dried Red Pepper, Crumbled
- 2 T Low Sodium Catsup
- 1 T Water, Boiling
- 1 t Dried Orange Peel
- 1 t Sesame Oil

In a bowl, combine first 4 ingredients. In a second bowl combine remaining ingredients. Let stand 15 minutes. Pour into soy sauce mixture, blending thoroughly. Pour into jars. Cover and refrigerate

Yield: 18 Servings

Nutrition Facts:

Sodium 5 mg
Potassium 23 mg
Carbohydrates 1 gr
Dietary Fiber 0.2gr
Vitamin A 10%
Vitamin C 26%

www.lowsodiumcooking.com/free/HoisinSauceSubstitute.htm

Asian Slaw

Makes 4 servings

Ingredients:

- 1 cup shredded red cabbage
- 1 cup shredded green cabbage
- 1 cup shredded carrots
- 2 cups mung* bean sprouts
- ½ cup shredded daikon** radish



Dressing

- 1 tablespoon canola oil
- 1 tablespoon rice wine vinegar
- 1 teaspoon honey
- ¼ teaspoon sesame oil
- ½ teaspoon sesame seeds, toasted

Directions:

In a large bowl, combine the red and green cabbage, carrots, bean sprouts, and radish. In a small bowl, whisk together the dressing ingredients. Drizzle over the slaw and lightly toss. Serve at once as a bed for the grilled chicken skewers.

NUTRITIONAL ANALYSIS

Chicken Skewers

Per serving:
240 calories (41% calories from fat)
11 g total fat (1 g saturated fat)
23 g protein
1,114 g carbohydrate
3 g dietary fiber
220 mg sodium
665 mg potassium

NUTRITIONAL ANALYSIS

Asian Slaw

Per serving:
80 calories (50% from fat)
4.5 g total fat (0 g saturated fat)
3 g protein
10 g carbohydrate
3 g dietary fiber
10 mg cholesterol
39 mg sodium
265 mg potassium

www.speakingofwomenshealth.com/health_library/read/category/recipe_box/Chicken_Skewers_San_Francisco-style_with_Asian_Slaw/

* Mung bean sprouts "are the major bean sprouts in most Asian countries".

http://en.wikipedia.org/wiki/Mung_bean

**Daikon is "a mild-flavored, very large, white East Asian radish"

<http://en.wikipedia.org/wiki/Daikon>

Portobello Mushroom Sandwich with Dijon Balsamic Vinaigrette

Instead of hamburgers, grill or roast meaty Portobello mushrooms and serve them as you would the higher-cholesterol beef. To store portobellos, remove from any packaging and refrigerate in a paper bag for seven to 10 days.

Ingredients:

- Four 4- to 5-inch portobello mushrooms, stems removed
- Olive oil cooking spray
- 4 thin slices of red onion
- 8 thin slices of whole-grain artisan bread
- 4 thin slices of reduced-fat Swiss cheese (4 ounces)
- 2 jarred roasted red peppers, drained and sliced (about 2 ounces)
- 4 slices of tomatoes
- 4 fresh basil leaves



Vinaigrette

- 1 tablespoon balsamic vinegar
- 1 tablespoon Dijon mustard
- 3 tablespoons chopped fresh basil
- 1 scallion, white part and 1 inch of the green, finely chopped
- 1/8 teaspoon ground pepper

Balsamic Mayonnaise

- 1 tablespoon light mayonnaise
- 2 teaspoons balsamic vinegar
- 1 teaspoon Dijon mustard

Directions:

- Preheat the oven to 450 degrees.
- Coat the mushrooms with cooking spray. Mix the vinaigrette ingredients and paint the mushrooms on both sides. Marinate for 15 minutes.
- Coat the marinated mushrooms and the onion slices with cooking spray. Roast them in the oven until cooked through, about 5 minutes. Coat the bread with the cooking spray and toast in a toaster oven. Place a slice of cheese on four of the pieces of toast. Top with mushroom, slices of onion, red pepper, tomato and a basil leaf.
- Combine the mayonnaise, vinegar, and mustard. Paint each top slice of bread with a quarter of the Balsamic Mayonnaise. Assemble the sandwiches and serve immediately.

Dietitian's Note: A 3 ounce portobello mushroom has only 27 calories, 0 grams of fat, 1 gram of fiber, and lots of flavor. Compare that to a 3-ounce serving of ground beef (10% lean), which has 180 calories, 9 grams of fat, 4 grams of saturated fat, and 0 grams of fiber. Still want that burger?

Makes 4 servings

NUTRITIONAL ANALYSIS Per serving:

320 calories (30% calories from fat)
11 g total fat (5 g saturated fat)
17 g protein
40 g carbohydrate
6 g dietary fiber
20 mg cholesterol
500 mg sodium
675 mg potassium

www.speakingofwomenshealth.com/recipesite/recipe.asp?id=126

WOW TIP: To reduce sodium in this recipe, use half the recommended Dijon mustard.

Minestrone Soup

Dietitian's tip: Minestrone is a thick, hearty soup that usually contains vegetables, pasta and peas or beans. This version uses unsalted chicken broth and fresh tomatoes rather than canned tomatoes to limit the sodium content.

By Mayo Clinic staff

Serves 4

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1/2 cup chopped onion
- 1/3 cup chopped celery
- 1 carrot, diced
- 1 garlic clove, minced
- 4 cups fat-free, unsalted chicken broth
- 2 large tomatoes, seeded and chopped
- 1/2 cup chopped spinach
- 1 can (16 ounces) canned chickpeas or red kidney beans, drained and rinsed
- 1/2 cup uncooked small shell pasta
- 1 small zucchini, diced
- 2 tablespoons fresh basil, chopped



Directions

In a large saucepan, heat the olive oil over medium heat. Add the onion, celery and carrots and sauté until softened, about 5 minutes. Add garlic and continue cooking for another minute. Stir in broth, tomatoes, spinach, beans and pasta. Bring to a boil over high heat. Reduce heat and simmer for 10 minutes. Add zucchini. Cover and cook for 5 minutes more.

Remove from heat and stir in the basil. Ladle into individual bowls and serve immediately.

NUTRITIONAL ANALYSIS (per serving)

Calories 190

Cholesterol 5 mg

Protein 9 g

Sodium 400 mg

Carbohydrate 30 g

Fiber 8 g

Total fat 4 g

Potassium 682 mg

Saturated fat 0.5 g

Calcium 73 mg

Monounsaturated fat 2.5 g

<http://www.mayoclinic.com/health/healthy-recipes/NU00408>

Crispy Shrimp Sensations

Ingredients:

- 1 pound medium shrimp, peeled and de-veined (about 24 shrimp)
- 1/4 cup cornstarch
- 1 tablespoon water
- 2 large egg whites
- 1- 1/2 cups finely crushed reduced fat buttery crackers such as Ritz (about 35 crackers)
- 1 teaspoon paprika
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Cooking spray
- 1 12-ounce bottle cocktail sauce
- Lemon wedges



Directions:

- Preheat broiler.
- Place shrimp and cornstarch in a resealable plastic bag. Close bag and shake to coat.
- In a small bowl, combine water and egg whites; beat until foamy.
- In another small bowl, combine cracker crumbs, paprika, salt, and pepper.
- Dip shrimp in egg white mixture, then coat with crumb mixture. Place on a baking sheet coated with cooking spray. Spray shrimp with a light coat of cooking spray.
- Broil 5 minutes or until the shrimp are done, turning once.
- Serve with cocktail sauce and lemon wedges.

Serves 8.

Approximate per serving: 310 calories; 4.5 grams of fat

From the ACS Cookbook, Celebrate! Healthy Entertaining for Any Occasion

www.cancer.org/Healthy/EatHealthyGetActive/EatHealthy/FindHealthyRecipes/AppetizersandSideDishes/crispy-shrimp-sensations

Shrimp is "**low in Saturated Fat**." It is also a good source of Niacin, Iron, Phosphorus and Zinc, and a very good source of Protein, Vitamin B12 and Selenium."

www.nutritiondata.com/facts/finfish-and-shellfish-products/4174/2

According to the World's Healthiest Foods:

"Many people are confused about the fat and cholesterol content of shrimp. Shrimp is very low in total fat, yet it has a high cholesterol content (about 200 milligrams in 3.5 ounces, or 12 large boiled shrimp). Some people have avoided eating shrimp precisely because of its high cholesterol content. However, based on research involving shrimp and blood cholesterol levels, avoidance of shrimp for this reason does not seem justified."

"In a peer-reviewed scientific study, researchers looked at the effect of two diets, one which contained shrimp and the other eggs, on the cholesterol levels of people with normal lipid levels. In this randomized crossover trial, people ate either 300 grams of shrimp per day or two large eggs. (A randomized crossover trial is one in which groups cross over, trying out both possible protocols.) The shrimp diet did raise LDL levels (bad cholesterol) by 7%, but also raised HDL levels (good cholesterol) by 12%. In contrast, the egg diet raised LDL levels by 10% and HDL by 7%. The results then showed that the shrimp diet produced significantly lower ratios of total to HDL ("good") cholesterol and lower ratios of LDL ("bad" cholesterol) to HDL cholesterol than the egg diet. In addition, in people who ate the shrimp diet, levels of triglycerides (a form in which fat is carried in the blood) decreased 13%."

www.whfoods.org/genpage.php?tname=foodspice&dbid=107

See next page for bonus recipe: "Southern Shrimp & Sausage", followed by WOW sodium reduction suggestion and "Creole Seasoning without salt" recipe.

Eat Right | Recipes

Southern Shrimp & Sausage

Ingredients:

1 tablespoon olive oil
1 onion, chopped
1 red bell pepper, seeded and chopped
1 green bell pepper, seeded and chopped
1 celery stalk, sliced
2 fully cooked Andouille or other flavored chicken sausages (half of a 12-ounce package), sliced
1/4 teaspoon Creole seasoning or pinch of cayenne pepper, or to taste
1 (14 1/2-ounce) can diced tomatoes with basil, garlic, and oregano
1 pound medium shrimp, peeled and deveined
Salt and freshly ground black pepper

Directions:

In a large skillet over medium heat, add oil. Sauté the onion, both bell peppers, and celery for 5 to 8 minutes. Add sausages and Creole seasoning and sauté for 2 minutes. Add tomatoes and their juice. Reduce the heat and simmer for 5 to 10 minutes, or until thickened, stirring occasionally. Add shrimp and cook for 3 to 5 minutes, or until cooked through.



Season with salt and pepper.

Serves 6

Prep Time: 15 min. or less

Total Time: 45 min. or less

Reprinted, with permission, from the American Cancer Society.
The Great American Eat-Right Cookbook. Atlanta, GA:
American Cancer Society; 2007, www.cancer.org/bookstore.

Per Serving

Calories	165
Calories from Fat	65
Total Fat	7.0 g
Saturated Fat	1.8 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.8 g
Monounsaturated Fat	3.8 g
Cholesterol	105 mg
Sodium	645 mg
Total Carbohydrate	9 g
Dietary Fiber	2 g
Sugars	5 g
Protein	16 g



cancer.org/GreatAmericans

WOW Suggestion: To lower the sodium content of the “Southern Shrimp & Sausage” recipe, select sausages with reduced sodium content. Read the ingredient label and determine whether salt has been added to the Creole seasoning. If so, additional salt can be eliminated. Below is a recipe for Creole seasoning without salt.

Creole Seasoning without salt

- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 2 tablespoons dried oregano leaves
- 2 tablespoons dried sweet basil
- 1 tablespoon dried thyme leaves
- 1 tablespoon black pepper
- 1 tablespoon white pepper
- 1 tablespoon cayenne pepper
- 1 tablespoon celery seed
- 5 tablespoons sweet paprika

www.gumbopages.com/food/creole.html

Southern Shrimp & Sausage recipe from: www.cancer.org/downloads/gahc/GAERC_Recipe_shrimp_and_sausage.pdf

Roasted Red Pepper Hummus

Ingredients

- 2 cans (15 oz. each) garbanzo beans (chickpeas), rinsed and drained with 1/3 cup liquid reserved
- 1 jar (12 oz.) roasted red peppers, drained
- 3 garlic cloves
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. olive oil
- 1 tsp. ground cumin
- 1 tsp. salt

Preparation

1. In a food processor or blender, combine all the ingredients, including the reserved garbanzo bean liquid. Process until the mixture is smooth and no lumps remain, scraping down the sides of the bowl as needed.
2. Serve immediately, or cover and chill until ready to use.



Nutrition

Servings 14

Serving Size 1/4 cup

Starch Exchanges 1

Amount Per Serving

Calories 83

Calories From Fat 28

Total Fat 3 g (Saturated Fat 0.4 g)

Cholesterol 0 mg

Sodium 281 mg

Carbohydrate 11 g (Dietary Fiber 3 g, Sugars 2 g)

Protein 4 g

Source: <http://forecast.diabetes.org/recipes/roasted-red-pepper-hummus>

Baked Tortilla Chips

Ingredients

- 4 corn tortillas
- 1 teaspoon canola oil
- Salt, to taste

Preparation

1. Preheat oven to 400°F.
2. Lightly oil two baking sheets.
3. Lightly brush one side of each tortilla with about 1/4 teaspoon oil and sprinkle with a pinch of salt. Stack the tortillas and cut into 8 wedges; arrange on prepared baking sheets. Bake until crisp, 8 to 10 minutes.



Source: http://www.eatingwell.com/recipes/tortilla_chips.html

SPICES that can be sprinkled on chips: paprika, chili powder, cumin, onion powder, garlic powder (sparingly), cayenne pepper (sparingly)

<http://www.food.com/recipe/healthy-baked-corn-tortilla-chips-homemade-263512>

Couscous Tabbouleh

Ingredients:

- 1 cup water
- 3/4 cup uncooked whole-wheat couscous
- 1/2 teaspoon salt
- 2 cups halved grape or cherry tomatoes
- 2 tablespoons extra-virgin olive oil
- 1/4 teaspoon freshly ground black pepper
- 1 3/4 cups chopped peeled cucumber
- 1 cup chopped red onion
- 1/2 cup chopped fresh flat-leaf parsley
- 1/2 cup chopped fresh mint
- 1/4 cup fresh lemon juice



Preparation:

Bring 1 cup water to a boil in a medium saucepan, and gradually stir in couscous and salt. Remove from heat; cover and let stand 5 minutes. Transfer to a medium bowl, and fluff with a fork. Stir in tomatoes and remaining ingredients. Serve immediately, or refrigerate, covered, 1 hour to allow the flavors to blend.

Nutritional Info:

Fat 5g (sat 1g, mono 3g, poly 0.0g)

Protein 5g

Carbohydrate 28g

Fiber 5g

Cholesterol 0.0mg

Iron 2mg

Sodium 102mg

Calcium 33mg

Calories 170

Recipe Source:

<http://recipes.health.com/recipes/1046812-couscous-tabbouleh>

Grilled Chicken Breast

Ingredients:

- 1/2 cup olive oil
- 1/4 cup lemon juice
- 1 tablespoon kosher salt
- 1 1/2 tablespoons black pepper
- 1 clove garlic, minced
- 1/4 onion, finely chopped
- 1/4 teaspoon thyme
- 1/8 teaspoon cumin
- 1-1 1/2 lbs skinless, boneless chicken breasts

Preparation:

Combine olive oil, lemon juice and dry ingredients to create marinade.

Up to 24-48 hours prior to cooking, marinate chicken breasts in a covered dish, refrigerated. Be sure each side of the chicken breast is covered in marinade.

Grill chicken for about 8-10 minutes each side, or until thoroughly cooked. Cooking time depends on temperature and the thickness of the chicken breasts.

Source: <http://mideastfood.about.com/od/chicken/r/grilledchicken.htm>



Roasted Vegetable Sandwich

This Roasted Vegetable sandwich is great to take on a picnic, or to take with you any time you feel like having a healthful snack.

Serves 4

Ingredients:

- 3 Tbsp. balsamic or red wine vinegar
- 2 tsp. olive oil
- 1/4 cup fresh basil, chopped or 1 Tbsp. dried
- 1 small eggplant, sliced into thin rounds
- 1 zucchini, thinly sliced
- 1 yellow summer squash, thinly sliced
- 1 red bell pepper, seeded and sliced thinly
- 1 small red onion, sliced and separated

Basil-Yogurt Spread:

1/4 cup nonfat yogurt

- 2 Tbsp. reduced-fat mayonnaise
- 1 Tbsp. additional fresh basil, or 1 tsp. dried
- 1 tsp. lemon juice

Instructions:

Preheat oven to 450 degrees Fahrenheit. Blend vinegar, oil and basil. Add vegetables, tossing to coat. Place vegetables in roasting pan and cook, stirring occasionally, until tender and lightly browned - about 30 minutes. Cool vegetables and whisk together ingredients for spread (recipe can be prepared ahead and refrigerated at this point). To assemble sandwiches, spread basil yogurt mixture on your favorite bread - pita halves, sliced French baguettes or crusty rolls work well. Top with veggie mixture and serve.

Nutritional Information:

Per Serving

Calories: 220

% Calories from fat: 25

Fat (gm): 6

Saturated fat (gm): 1

Cholesterol (mg): 0

Sodium (mg): 303

Protein (gm): 7

Carbohydrate (gm): 36

Fiber (gm): 6

Source: American Institute for Cancer Research (www.aicr.org)

www.healthplus.org



See next 2 pages for

Strawberry Pork Chops, Strawberry Balsamic Chicken, Strawberry Salsa, Strawberry Pie

Strawberries, Strawberries, Strawberries!!!

Strawberry Pork Chops

Ingredients

- 1 tablespoon crushed rosemary
- 1 teaspoon dried tarragon
- 1/2 teaspoon ground black pepper
- 1/8-1/4 teaspoon sea salt
- 3/4 cup raspberry vinaigrette dressing
- 1/8 cup chopped scallion
- 2 tablespoons honey
- 1/2 teaspoon Worcestershire sauce
- 1 1/2 lbs boneless pork chops (about 1-inch thick)
- 1-2 tablespoon olive oil
- 2 cups thinly sliced strawberries

Directions

1. In a small bowl, mix together rosemary, tarragon, pepper and salt; rub evenly over both sides of pork chops.
2. In another small bowl, mix together vinaigrette, scallions, honey and Worcestershire sauce; set aside.
3. In a large skillet over medium-high heat, cook chops in olive oil for 5-6 minutes on each side until browned. Pour the rasp vinaigrette mixture over meat in skillet and cook about 4 more minutes or until juices run clear.
4. Remove chops to a platter and cover to keep warm. Add sliced strawberries to skillet cooking juices and heat through. Pour over the pork chops and serve.

Calories 222. Calories from Fat 82 (36%)

Amount Per Serving %DV:

Total Fat 9.1g 14%

Saturated Fat 2.6g 13%

Monounsaturated Fat 4.3g

Polyunsaturated Fat 0.7g

Trans Fat 0.1g

Cholesterol 64mg 21%

Sodium 256mg 10%

Potassium 614mg 17%

Total Carbohydrate 10.0g 3%

Dietary Fiber 1.1g 4%

Sugars 8.1g

Protein 24.7g 49%

www.recipezaar.com/recipe/Strawberry-Pork-Chops-164908



Strawberry Balsamic Chicken

Ingredients

- 4 (8 ounce) containers strawberry yogurt
- 1/2 cup balsamic vinegar
- 1 tablespoon white sugar
- 1 tablespoon ground black pepper
- 1 teaspoon ground cinnamon
- 1 teaspoon kosher salt
- 4 skinless, boneless chicken breast halves
- 2 tablespoons olive oil
- 1 teaspoon lemon juice
- 4 large strawberries
- 2 teaspoons minced fresh parsley
- 1 teaspoon minced fresh mint leaves
- 1 tablespoon balsamic vinegar (optional)

Directions

In a medium bowl, stir together the yogurt, 1/2 cup balsamic vinegar, sugar, pepper, cinnamon and salt. Place chicken breast halves in a shallow baking dish, and pour the sauce over them. Refrigerate for 1 hour, turning chicken over half way through.

Heat the olive oil in a large skillet over medium-high heat. Scrape the marinade off of the chicken breasts, and place them into the hot oil. Quickly brown the chicken on both sides, then reduce the heat to medium-low, cover, and cook until chicken is no longer pink and juices run clear, about 15 minutes. Remove from heat, and let rest for 3 minutes.

While the chicken is cooking, transfer the marinade to a saucepan. Bring to a low simmer over medium heat. Remove stems from strawberries, and slice thinly so they will fan nicely. Set aside.

Slice chicken breasts on the diagonal into 1/2 inch thick slices. Place on serving plates, and sprinkle with lemon juice. Spoon about 2 tablespoons of the marinade over each chicken breast, and fan one sliced strawberry over the top. Garnish with a sprinkle of fresh mint and parsley. If you really love balsamic vinegar, finish the dish off with an artful drizzle.

<http://allrecipes.com/Recipe/Strawberry-Balsamic-Chicken/Detail.aspx>

Strawberry Salsa

Ingredients

- 1 pint fresh strawberries, sliced
- 4 roma (plum) tomatoes, seeded and chopped
- 1 jalapeno peppers, seeded and minced
- 2 cloves garlic, minced
- 1 lime, juiced
- 1 tablespoon olive oil

Directions

In a large bowl, combine strawberries, tomatoes, chile peppers, garlic, lime juice and oil. Toss all together to mix and coat. Cover dish and refrigerate for 2 hours to chill. Ready to serve!

"A sweet salsa that is great with pork and chicken dishes."

<http://allrecipes.com/Recipe/Strawberry-Salsa/Detail.aspx>



Double Strawberry Pie

Ingredients:

Filling

- 2 1/2 pints fresh strawberries
- 3/4 cup sugar
- 1/3 cup lemon juice
- 1 cup water
- 2 teaspoons unflavored gelatin



Crust

- 1/2 cup all-purpose flour
- 1/4 cup cornmeal
- 2 tablespoons sugar
- 3/4 teaspoon baking powder
- 1/4 teaspoon salt
- 2 tablespoons cold butter, cut into pieces
- 3 tablespoons low-fat milk

Preparation:

1. To prepare filling: Choose 2 cups of strawberries as close to the same size as possible; hull and set aside. Hull and dice the remaining berries.
2. Mix the diced berries, 3/4 cup sugar and lemon juice in a bowl. Let stand for 20 minutes. Drain the berries well in a sieve set over a medium saucepan. Return the berries to the bowl and set aside.
3. Add water and gelatin to the strawberry liquid in the saucepan and heat over medium heat, stirring, until the gelatin is completely dissolved. Remove from the heat and stir into the reserved diced berries. Refrigerate, stirring occasionally, until the filling has thickened slightly and mounds when dropped from a spoon, 3 to 4 hours.
4. To prepare crust: Preheat oven to 350°F.
5. Stir together flour, cornmeal, 2 tablespoons sugar, baking powder and salt in a large bowl. Cut butter into dry ingredients using a pastry cutter, 2 forks or your fingers until crumbly. Stir in milk with a fork, 1 tablespoon at a time, just until dough comes together.
6. Turn dough out onto a floured surface and knead 7 to 8 times. Roll out into an 11-inch circle with a floured rolling pin. Drape dough over rolling pin and fit into a 9-inch pie pan. Fold edges under and crimp with the tines of a fork.
7. Prick bottom of crust with a fork and line with foil or parchment paper. Fill with pie weights (or use rice or dried beans). Bake for 10 minutes. Remove foil and weights and bake until lightly browned, 8 to 10 minutes more. Place on a wire rack to cool.
8. To assemble pie: Arrange reserved whole berries, pointed ends up, in crust. Spoon filling over whole berries. Refrigerate until firm, at least 2 hours, before slicing.

Nutrition

Per serving: 185 calories; 3 g fat (2 g sat, 0 g mono); 8 mg cholesterol; 38 g carbohydrates; 2 g protein; 2 g fiber; 116 mg sodium; 159 mg potassium.

Nutrition Bonus: Vitamin C (96% daily value)

http://www.eatingwell.com/recipes/double_strawberry_pie.html

WOW Tip: Consider using less sugar or a sugar substitute such as Splenda or Pure Stevia Extract, a butter substitute such as Smart Balance, and half all-purpose, half whole wheat flour.

Low Fat Fettuccine Alfredo Recipes

Low Fat Fettuccine Alfredo

from lowfatcooking.about.com

Ingredients:

- 1 tbsp reduced fat butter
- 2 garlic cloves, crushed
- 1 tbsp all-purpose flour
- 1 cup fat-free milk
- 1/4 cup fat-free cream cheese
- 1/4 cup Parmesan cheese
- 1 cup broccoli florets
- 1 small red bell pepper, seeded and cut into strips
- 1 small carrot, thinly sliced
- 10 ounces fettuccine



Preparation:

Boil pasta according to instructions. Meanwhile, steam vegetables in a steamer basket over a pot of shallow boiling water until slightly tender, about 3 minutes.

Melt the butter in a nonstick saucepan. Add garlic and saute gently for 1 minute. Whisk in flour to form a paste, then add the milk gradually, stirring constantly until thickened. Stir in cream cheese and Parmesan. Keep stirring until smooth.

Combine hot pasta and vegetables in a large bowl. Add sauce and toss well to coat. Garnish with some parsley or chives. Makes 4 servings.

Nutritional Information

Per Serving:

Calories 353

Calories from Fat 38

Carbohydrate 62.5g

Cholesterol 10mg

Total Fat 4.3g

Sat Fat 2.2g

Fiber 3.7g

Protein 16.2g

Sodium 238mg

lowfatcooking.about.com/od/pastaandrice/r/pastalfredo1104.htm

Low Fat Fettuccine Alfredo

from RealSimple.com

Ingredients:

- 12 ounces fettuccine
- 1 head broccoli, cut into florets, stalk peeled and sliced
- 1 1/2 cups skim milk
- 1 tablespoon unsalted butter
- 1 tablespoon flour
- 3/4 cup freshly grated Parmesan, plus extra for sprinkling
- kosher salt



Directions:

Cook the pasta according to the package directions; drain.

Meanwhile, bring a pot of salted water to a boil and cook the broccoli until tender, 3 minutes; drain.

Heat the milk and butter in a large saucepan over low heat and slowly whisk the flour. Simmer until slightly thickened, whisking constantly, 1 to 2 minutes.

Remove from heat and stir in the Parmesan and 1/2 teaspoon salt. Add the pasta and broccoli and cook, stirring, over low heat until heated through.

Top each serving with extra Parmesan.

Nutritional Information

Per Serving:

Calories 445

Calcium 312mg

Carbohydrate 72g

Cholesterol 23mg

Fat 9g

Sat Fat 5g

Fiber 4g

Iron 3mg

Protein 22mg

Sodium 568mg

www.realsimple.com/food-recipes/browse-all-recipes/low-fat-fettuccine-alfredo-10000000663085/index.html

WOW TIP: Eliminate kosher salt to reduce sodium content

Low Fat Fettuccine Alfredo

from recipe4living.com

Ingredients

- 1 C. low-fat cottage cheese
- 1 C. low-fat (1%) milk
- 1 egg yolk
- 1/2 tsp. fresh ground pepper
- 2 Tbs. butter
- 1/2 C. grated Parmesan cheese, divided
- 8 oz. fettuccine noodles

Directions

In blender, combine cottage cheese, milk, egg yolk and pepper. Puree until smooth. In small saucepan, melt butter over low heat. Add puree and bring to a simmer, stirring occasionally. Stir in all but 4 tsp. Parmesan cheese. Meanwhile, cook fettuccine according to package directions; drain. Toss with sauce. Sprinkle with remaining Parmesan cheese. Contains 355 calories each.

www.recipe4living.com/recipe/low_fat_fettuccine_alfredo.htm



Grilled Rosemary-Salmon Skewers

Active Time: 30 minutes

Total Time: 30 minutes

4 servings, 2 skewers each

Ingredients

- 2 teaspoons minced fresh rosemary
- 2 teaspoons extra-virgin olive oil
- 2 cloves garlic, minced
- 1 teaspoon freshly grated lemon zest
- 1 teaspoon lemon juice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- 1 pound center-cut salmon fillet, skinned (see Tip) and cut into 1-inch cubes
- 1 pint cherry tomatoes

Preparation

Preheat grill to medium-high.

Combine rosemary, oil, garlic, lemon zest, lemon juice, salt and pepper in a medium bowl. Add salmon; toss to coat. Alternating the salmon and tomatoes, divide among eight 12-inch skewers.

Oil the grill rack (see Tip). Grill the skewers, carefully turning once, until the salmon is cooked through, 4 to 6 minutes total. Serve immediately.

Nutrition Per serving: 246 calories; 15 g fat (3 g sat , 6 g mono); 67 mg cholesterol; 4 g carbohydrates; 0 g added sugars; 23 g protein; 1 g fiber; 211 mg sodium; 598 mg potassium.

Nutrition Bonus: Selenium (60% daily value), Vitamin C (25% dv), Potassium (17% dv), Vitamin A (15% dv), excellent source of omega-3s.

Exchanges: 3 1/2 lean meat

See website for preparation tips and notes

http://www.eatingwell.com/recipes/grilled_rosemary_salmon_skewers.html



Broiled Orange Roughy Parmesan

A Parmesan and sour cream topping—ready in minutes—adds richness to mild orange roughy.

Serves 4 (3 ounces fish per serving)

Start to Finish: 15 minutes

Ingredients

- Cooking spray
- 1/3 cup low-fat sour cream
- 2 tablespoons shredded or grated Parmesan cheese
- 1 1/2 teaspoons fresh lemon juice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried basil, crumbled
- 1/4 teaspoon onion powder
- 1/8 teaspoon pepper
- 1/8 teaspoon salt
- 4 orange roughy or other mild white fish fillets (about 4 ounces each), rinsed and patted dry



Directions

1. Preheat the broiler. Lightly spray a baking sheet with cooking spray.
2. Meanwhile, in a small bowl, stir together the ingredients except the fish. Set aside.
3. Place the fish on the baking sheet. Broil 2 to 3 inches from the heat for 3 minutes on each side.
4. Remove from the oven.
5. Spread the sour cream mixture over the top and sides of each fillet.
6. Broil for 30 seconds to 1 minute, or until the topping is browned and the fish flakes easily when tested with a fork.

NUTRITION ANALYSIS (per serving)

Calories	123
Total Fat	3.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	1.0 g
Cholesterol	73 mg
Sodium	214 mg
Carbohydrates	3 g
Fiber	0 g
Sugars	2 g
Protein	20 g

This recipe is brought to you by the American Heart Association's Patient Education program
www.goredforwomen.org/BetterU/recipes1.aspx

Brown Rice Pilaf with Asparagus and Mushrooms

Ingredients

- 1 tablespoon olive oil
- 1 cup brown rice
- 3 cups water
- 1 teaspoon low-sodium chicken-flavored bouillon granules
- 1 small onion, chopped
- 1/2 pound fresh mushrooms, thinly sliced
- 1/8 teaspoon ground nutmeg
- 1/2 pound asparagus tips
- 2 tablespoons finely grated Swiss cheese
- 1/2 cup fresh parsley, chopped



Directions

In a large saucepan, heat the olive oil over medium heat. Add the rice and sauté until it begins to "toast." Grains will begin to turn golden brown. Slowly, add the water, bouillon granules, onion, mushrooms and nutmeg. Bring mixture to a boil, reduce heat, cover and simmer for 30 minutes. Add water as needed to keep the mixture from drying out.

Cut asparagus into 1-inch pieces, discarding the woody stems. Stir asparagus into the rice mixture, cover and cook another 5 minutes. Stir in the grated cheese and garnish generously with parsley. Serve immediately.

Nutritional Analysis (per serving)

Calories 230

Cholesterol 9 mg

Protein 8 g

Sodium 38 mg

Carbohydrate 30 g

Fiber 3 g

Total fat 7 g

Potassium 344 mg

Saturated fat 2 g

Calcium 108 mg

Monounsaturated fat 3 g

www.mayoclinic.com/health/healthy-recipes/NU00375

Individual Three-Cheese and Vegetable Quiches

These veggie-studded crustless quiches are easy to make and reheat well. They are equally good for breakfast on the run or a leisurely brunch.

Serves 6

1 quiche per serving

Ingredients

- Cooking spray
- 1 teaspoon olive oil
- 1 cup chopped broccoli florets
- 1/2 cup shredded carrot
- 1/2 cup shredded zucchini
- 2 medium green onions, thinly sliced
- 1 1/2 cups egg substitute
- 1/2 cup fat-free half-and-half
- 1/4 cup shredded part-skim mozzarella cheese
- 1/4 cup shredded low-fat Cheddar cheese
- 2 tablespoons shredded or grated Parmesan cheese
- 1/2 teaspoon dried oregano, crumbled
- 1/8 teaspoon pepper



Directions

Preheat the oven to 350°F. Lightly spray a 6-cup muffin pan with cooking spray.

Heat a medium skillet over medium-high heat. Pour in the oil, swirling to coat the bottom. Cook the broccoli, carrot, zucchini, and green onions for 2 to 3 minutes, or until tender-crisp, stirring occasionally. Spoon into the muffin cups.

In a medium bowl, whisk together the remaining ingredients. Ladle into the muffin cups.

Bake for 25 to 28 minutes, or until a cake tester or wooden toothpick inserted in the center comes out clean.

Transfer the muffin pan to a cooling rack. Let the quiches cool for 10 minutes. Using a thin spatula or flat knife, loosen the sides of the quiches.

Serve warm. Refrigerate leftovers in an airtight container for up to five days. To reheat, put 2 quiches on a microwaveable plate and microwave, uncovered, on 100 percent power (high) for 1 to 1 1/2 minutes, or until warmed through.

NUTRITION ANALYSIS (per serving)

Calories	91
Total Fat	2.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	1.0 g
Cholesterol	5 mg
Sodium	245 mg
Carbohydrates	7 g
Fiber	1 g
Sugars	4 g
Protein	11 g

Dietary Exchanges:

1/2 carbohydrate, 1 1/2 lean meat

This recipe is brought to you by the American Heart Association's Patient Education program

www.heart.org/HEARTORG/Conditions/Diabetes/DiabetesToolsResources/Individual-Three-Cheese-and-Vegetable-Quiches_UCM_316438_Recipe.jsp

Fall Fruit Salad with Apples, Pears, and Cranberries

Apples, pears, and cranberries make a wonderful combination. Both tart and sweet, this salad make a great salad to start a meal or can be used as a side dish to accompany chicken or pork.

Prep Time: 15 minutes

Total Time: 15 minutes

Ingredients:

- 1 Large Apple, peeled, cored, and cut into 1/2 inch cubes
- 1 Ripe Pear, peeled, cored, and cut into 1/2 inch cubes
- 1/4 Cup Dried Cranberries
- 1/4 Cup Walnuts
- 4 Ounces Firm Blue Cheese, crumbled
- 1/2 Red Onion, sliced thin
- 2 Tablespoon Balsamic Vinegar
- Salt and Freshly Ground Pepper, to taste



Preparation:

Place the walnuts on a cookie sheet and toast in a preheated oven at 350 degrees for 3 to 5 minutes. Remove, let cool, and roughly chop.

In a large bowl, toss together all the ingredients. Serve plain or on a bed of romaine lettuce or mixed greens.

<http://gourmetfood.about.com/od/gourmetsalads/r/fallfruitsalad.htm>

Apple, Grapefruit, Beet Salsa

Ingredients:

- 2 apples chopped
- 2 TBS lime juice
- 1 jalapeno pepper finely chopped
- 1/2 c chopped grapefruit segments
- 1/4 c chopped red onion
- 1/2 c chopped cooked beets
- 1/4 tsp cumin
- 1/4 tsp cinnamon
- raisins as desired



Preparation:

Mix well, chill for 2 hrs. Serve with wheat crackers, low fat chips, grilled chicken or fish.

-Mostly from Bay News December 2009

Apple-Shallot Roasted Turkey

Roasting the herb-rubbed turkey with apples and shallots is the secret to flavorful meat. Extra shallots in the roasting pan give the gravy a rich, caramelized shallot flavor.

www.eatingwell.com/recipes/apple_shallot_roasted_turkey.html

12 servings, 3 ounces each, plus plenty of leftovers

Active Time: 45 minutes

Total Time: 3 1/2 hours

Ingredients

- 1 10- to 12-pound turkey
- 2 tablespoons canola oil
- 2 tablespoons chopped fresh parsley, plus 3 sprigs
- 1 tablespoon chopped fresh sage, plus 3 sprigs
- 1 tablespoon chopped fresh thyme, plus 3 sprigs
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground pepper
- 1 1/2 pounds shallots, peeled and halved lengthwise, divided
- 1 tart green apple, quartered
- 3 cups water, plus more as needed

Preparation

1. Position rack in lower third of oven; preheat to 475°F.
2. Remove giblets and neck from turkey cavities and reserve for making Turkey Giblet Stock. Place the turkey, breast-side up, on a rack in a large roasting pan; pat dry with paper towels.
3. Combine oil, chopped parsley, sage, thyme, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat. Place herb sprigs, 6 shallot halves and apple in the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Add 3 cups water to the pan.
4. Roast the turkey until the skin is golden brown, 45 minutes. Remove the turkey from the oven. If using a remote digital thermometer, insert it into the deepest part of the thigh, close to the joint. Cover just the breast with a double layer of foil, cutting as necessary to fit. Scatter the remaining shallots in the pan around the turkey. Reduce oven temperature to 350° and continue roasting until the thermometer (or an instant-read thermometer inserted into the thickest part of the thigh without touching bone) registers 165°F, 1 to 1 3/4 hours more. If the pan dries out, tilt the turkey to let juices run out of the cavity into the pan and add 1 cup water.
5. Transfer the turkey to a serving platter (reserve pan juices and shallots) and tent with foil. Make Cider Gravy (recipe follows). Let the turkey rest for 20 minutes. Remove the string and carve.

This recipe calls for:

*Cider Gravy

*Turkey Giblet Stock

Nutrition

Per serving: 155 calories; 5 g fat (1 g sat , 2 g mono); 63 mg cholesterol; 25 g protein; 0 g fiber; 115 mg sodium; 258 mg potassium.

Nutrition Bonus: Selenium (42% daily value), Zinc (16% daily value)

Exchanges: 3 1/2 very lean meat



** Cider Gravy and Turkey Giblet Stock recipes (next page)*

Cider Gravy

Make this low-fat gravy in the roasting pan while the turkey rests. Apple cider adds rich fall flavor.

www.eatingwell.com/recipes/cider_gravy.html

About 2 1/4 cups

Active Time: 20 minutes

Total Time: 20 minutes

Ingredients

- 4 cups Turkey Giblet Stock, (recipe follows) or reduced-sodium chicken broth, divided
- 3 tablespoons all-purpose flour
- 1 1/4 cups apple cider
- 2 tablespoons cider vinegar
- 1/4 teaspoon salt
- Freshly ground pepper, to taste

Preparation

1. When you remove the turkey from the roasting pan, leave the roasted shallots behind. Skim off any visible fat from the pan juices.
2. Whisk 1/2 cup Turkey Giblet Stock (or chicken broth) and flour in a small bowl until smooth; set aside.
3. Set the roasting pan over two burners on medium-high heat. Add cider and vinegar; bring to a boil and cook, scraping up the browned bits from the pan, until the liquid is reduced by about half, 6 to 8 minutes. Add the remaining 3 1/2 cups stock (or broth). Increase heat to high; return to a boil, whisking often. Boil until the liquid is reduced by about half, 8 to 12 minutes.
4. Whisk the reserved flour mixture into the pan. Boil, whisking constantly, until the gravy is thickened, 1 to 3 minutes. Remove from the heat and pour the gravy through a fine sieve into a large measuring cup. (Discard the solids.) Season with salt and pepper.



Nutrition

Per 3-tablespoon serving: 28 calories; 0 g fat (0 g sat , 0 g mono); 7 mg cholesterol; 5 g carbohydrates; 1 g protein; 0 g fiber; 56 mg sodium; 28 mg potassium.

Turkey Giblet Stock

About 4 cups

Active Time: 10 minutes

Total Time: 1 1/4 hours

Ingredients

- Neck and giblets from a 10- to 12-pound turkey
- 6 cups water
- 1 medium onion, peeled and quartered
- 1 medium carrot, chopped
- 1 stalk celery, chopped
- 1 bay leaf
- 1 sprig fresh thyme
- 1 teaspoon whole black peppercorns

Preparation

Combine neck and giblets (except liver), water, onion, carrot and celery in a large saucepan; bring to a boil. Add bay leaf, thyme and peppercorns. Reduce heat and simmer, skimming and discarding any foam, for 1 hour. Strain stock through a fine-mesh sieve into a medium bowl and let cool. Discard solids.

Nutrition

0 g fat (0 g sat , 0 g mono); 0 mg cholesterol; 0 g protein; 0 g fiber; 0 mg sodium; 0 mg potassium. **Note:** After straining, the stock has few calories (about 25) and negligible nutrients except sodium (about 23 mg) per cup.

www.eatingwell.com/recipes/turkey_giblet_stock.html

Mashed Roots with Buttermilk & Chives

Plain mashed potatoes may seem a bit tame after you've tried this flavorful version, full of celery root, rutabaga and Yukon Gold potatoes and mashed with sweet garlic and tangy buttermilk. Finish the dish with a handful of snipped fresh chives.

www.eatingwell.com/recipes/mashed_roots_with_buttermilk_chives.html

8 servings, 3/4 cup each

Active Time: 20 minutes

Total Time: 1 hour

Ingredients

- 2 pounds celery root, (celeriac), peeled (see Tip) and cut into 1-inch pieces
- 1 pound rutabaga, peeled (see Tip) and cut into 1-inch pieces
- 1 pound Yukon Gold potatoes, peeled and cut into 1-inch pieces
- 5 cloves garlic, peeled
- 4 tablespoons unsalted butter, divided
- 3/4 cup nonfat buttermilk, (see Tip)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/4 teaspoon ground nutmeg
- 1/3 cup snipped fresh chives



Preparation

Bring 1 inch of water to a simmer in a large pan or Dutch oven. Place celery root, rutabaga and potatoes in a large steamer basket over the water, cover and steam over medium-low heat for 20 minutes. Add garlic and continue steaming checking the water level and replenishing as necessary until the vegetables are fall-apart tender, 20 minutes more.

Remove the vegetables, drain the cooking liquid and return the vegetables to the pan. Add 2 tablespoons butter and mash until chunky-smooth. Gradually stir in buttermilk, salt, pepper and nutmeg.

Just before serving, stir in the remaining 2 tablespoons butter and chives.

Tips:

To peel celery root and rutabaga, cut off one end to create a flat surface to keep it steady. Cut off the skin with your knife, following the contour of the root; or use a vegetable peeler and peel around the root at least three times to ensure all the fibrous skin has been removed.

No buttermilk? You can use buttermilk powder prepared according to package directions. Or make "sour milk": mix 1 tablespoon lemon juice or vinegar to 1 cup milk.

Nutrition

Per serving: 173 calories; 6 g fat (4 g sat , 0 g mono); 15 mg cholesterol; 26 g carbohydrates; 4 g protein; 4 g fiber; 289 mg sodium; 826 mg potassium.

Nutrition Bonus: Vitamin C (35% daily value), Potassium (22% daily value),

Carbohydrate Servings: 1.5

Exchanges: 1 starch, 1 vegetable, 1 fat

WOW Tip: In place of butter, use a mostly-oil blend of margarine with no hydrogenated fat to lower the saturated fat content and raise the mono-saturated and/or poly-unsaturated fat in this recipe.

Five-Spice Roasted Duck Breasts

Make these roasted duck breasts, seasoned with five-spice powder and redolent with aromatic oranges, the centerpiece of a chic dinner. You may be surprised to know that without the skin, duck is a great healthy choice, with no saturated fat in a 3-ounce serving. Starting duck breasts in a cool skillet, then heating, renders off most of the fat with less mess.

www.eatingwell.com/recipes/five_spice_roasted_duck_breasts.html

4 servings

Active Time: 30 minutes

Total Time: 45 minutes

Ingredients

- 2 pounds boneless duck breast, (see Note)
- 1 teaspoon five-spice powder, (see Note)
- 1/2 teaspoon kosher salt
- Zest & juice of 2 oranges
- 2 teaspoons honey
- 1 tablespoon reduced-sodium soy sauce
- 1/4 teaspoon cornstarch, dissolved in 1 teaspoon water

Preparation

1. Preheat oven to 375°F.
2. Place duck skin-side down on a cutting board. Trim off all excess skin that hangs over the sides. Turn over and make three parallel, diagonal cuts in the skin of each breast, cutting through the fat but not into the meat. Sprinkle both sides with five-spice powder and salt.
3. Place the duck skin-side down in an ovenproof skillet over medium-low heat. Cook until the fat is melted and the skin is golden brown, about 10 minutes. Transfer the duck to a plate; pour off all the fat from the pan. Return the duck to the pan skin-side up and transfer to the oven.
4. Roast the duck for 10 to 15 minutes for medium, depending on the size of the breast, until a thermometer inserted into the thickest part registers 150°F. Transfer to a cutting board; let rest for 5 minutes.
5. Pour off any fat remaining in the pan (take care, the handle will still be hot); place the pan over medium-high heat and add orange juice and honey. Bring to a simmer, stirring to scrape up any browned bits. Add orange zest and soy sauce and continue to cook until the sauce is slightly reduced, about 1 minute. Stir cornstarch mixture then whisk into the sauce; cook, stirring, until slightly thickened, 1 minute. Remove the duck skin and thinly slice the breast meat. Drizzle with the orange sauce.



Tips & Notes

Boneless duck breast halves range widely in weight, from about 1/2 to 1 pound, depending on the breed of duck.

Often a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns, five-spice powder was originally considered a cure-all miracle blend encompassing the five elements (sour, bitter, sweet, pungent, salty). Look for it in the supermarket spice section.

Nutrition

Per 3-oz. serving: 152 calories; 2 g fat (0 g sat , 1 g mono); 122 mg cholesterol; 8 g carbohydrates; 2 g added sugars; 24 g protein; 0 g fiber; 309 mg sodium; 86 mg potassium.

Nutrition Bonus: Vitamin C (45% daily value), Selenium (36% daily value), Iron (25% daily value).

Carbohydrate Servings: 1

Exchanges: 1 fruit, 3 very lean meat

Barley & Wild Rice Pilaf with Pomegranate Seeds

This pilaf melds the chewy texture of barley and wild rice with the richness of toasted pine nuts and the sweet-sour crunch of pomegranate seeds.

www.eatingwell.com/recipes/barley_wild_rice_pilaf_with_pomegranate_seeds.html

6 servings, 3/4 cup each

Active Time: 20 minutes

Total Time: 1 hour

Ingredients

- 2 teaspoons extra-virgin olive oil
- 1 medium onion, finely chopped
- 1/2 cup wild rice, rinsed
- 1/2 cup pearl barley
- 3 cups reduced-sodium chicken broth, or vegetable broth
- 1/3 cup pine nuts
- 1 cup pomegranate seeds, (1 large fruit; see Tip)
- 2 teaspoons freshly grated lemon zest
- 2 tablespoons chopped flat-leaf parsley

Preparation

Heat oil in a large saucepan over medium heat.

Add onion and cook, stirring often, until softened. Add wild rice and barley; stir for a few seconds. Add broth and bring to a simmer. Reduce heat to low, cover and simmer until the wild rice and barley are tender and most of the liquid has been absorbed, 45 to 50 minutes.

Meanwhile, toast pine nuts in a small, dry skillet over medium-low heat, stirring constantly, until light golden and fragrant, 2 to 3 minutes. Transfer to a small bowl to cool.

Add pomegranate seeds, lemon zest, parsley and the toasted pine nuts to the pilaf; fluff with a fork. Serve hot.

Tip: To seed a pomegranate and avoid the enduring stains of pomegranate juice, work under water. Fill a large bowl with water. Hold the pomegranate in the water and slice off the crown. Lightly score the fruit into quarters, from crown to stem end. Keeping the fruit under water, break it apart, gently separating the plump seeds from the outer skin and white pith. The seeds will drop to the bottom of the bowl and the pith will float to the surface. Discard the pith. Pour the seeds into a colander. Rinse and pat dry.

Nutrition

Per serving: 209 calories; 7 g fat (1 g sat , 3 g mono); 3 mg cholesterol; 31 g carbohydrates; 0 g added sugars; 7 g protein; 4 g fiber; 75 mg sodium; 250 mg potassium.

Nutrition Bonus: Magnesium (15% daily value)



Simple Sautéed Spinach

6 servings, about 1/2 cup each

Active Time: 20 minutes

Total Time: 20 minutes

Ingredients

- 2 tablespoons extra-virgin olive oil
- 4 cloves garlic, thinly sliced
- 20 ounces fresh spinach, (see Note)
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon crushed red pepper

Preparation

Heat oil in a Dutch oven over medium heat. Add garlic and cook until beginning to brown, 1 to 2 minutes. Add spinach and toss to coat. Cover and cook until wilted, 3 to 5 minutes. Remove from the heat and add lemon juice, salt and crushed red pepper. Toss to coat and serve immediately.



Nutrition

Per serving: 68 calories; 5 g fat (1 g sat , 4 g mono); 0 mg cholesterol; 4 g carbohydrates; 0 g added sugars; 3 g protein; 2 g fiber; 172 mg sodium; 540 mg potassium

Nutrition Bonus: Vitamin A (180% daily value), Folate (46% dv), Vitamin C (45% dv), Iron & Potassium (15% dv)

Exchanges: 1 vegetable, 1 fat

Note: Baby spinach is immature or young spinach—it's harvested earlier than large-leaved mature spinach. We like the sturdy texture of mature spinach in cooked dishes and serve tender, mild-flavored baby spinach raw or lightly wilted. Baby and mature spinach can be used interchangeably in these recipes (yields may vary slightly); be sure to remove the tough stems from mature spinach before using.

www.eatingwell.com/recipes/simple_saut_ed_spinach.html

2012 Recipes of the Month

January

Creole-style Black-eyed Peas
Black-Eyed Peas in a Spicy Goan Curry
Hoppin' John

February

Pomegranate Duck & Couscous with Currants, Almonds, and Parsley
Chocolate Bliss Marble Cake

March

Salmon with Honey-Balsamic Glaze
Grilled Salmon with Mango Salsa
Beans & Rice

April

(Spring recipes from Spark People were featured)

May

Chicken Salad with Peaches
Leek, Asparagus & Herb Soup

June

Baked Spinach Dip - Southwestern Style
Baked Kale
Baked Tortilla Chips
Sugar Free, Buckwheat Banana Muffins with chocolate chips and walnuts

July

Grilled Vegetable Kabobs
Barbecued Raspberry-Hoisin Chicken
Terry's Barbecued Ribs
Watermelon Recipes

August

Asian Barbecued Pork
Herbed Potato Salad
Lemony Carrot Salad
Spinach Salad with Black Olive Vinaigrette

September

Asian Chicken and Vegetable Stew
Asian Noodles with Vegetables

October

Northern Africa Orange Lamb Kebabs
Oven Roasted Lamb Kebabs w Tzatziki Sauce
Baked Curried Brown Rice & Lentil Pilaf

November

Herb Roasted Turkey
Bulgur Stuffing w Cranberries & Hazel Nuts
Bulgur Wheat and Dried Fruit Stuffing

December

Rack of Lamb with Warm Apple & Lentil Salad
Winter Salad with Roasted Squash & Pomegranate Vinaigrette
Cranberry, Cherry & Walnut Marmalade
Pear & Ginger Cheesecake (low fat)

Creole-style Black-eyed Peas

Dietitian's tip: Most dried peas and beans, including black-eyed peas, are an excellent source of folate.

One serving of this dish provides 70 percent of the daily recommended amounts.

By Mayo Clinic staff

Serves 8

Ingredients:

- 3 cups water
- 2 cups dried black-eyed peas
- 1 teaspoon low-sodium chicken-flavored bouillon granules
- 2 cups canned unsalted tomatoes, crushed
- 1 large onion, finely chopped
- 2 stalks celery, finely chopped
- 3 teaspoons minced garlic
- 1/2 teaspoon dry mustard
- 1/4 teaspoon ground ginger
- 1/4 teaspoon cayenne pepper
- 1 bay leaf
- 1/2 cup chopped parsley



Directions:

In a medium saucepan over high heat, add 2 cups of the water and black-eyed peas. Bring to a boil for 2 minutes, cover, remove from heat and let stand for 1 hour.

Drain the water, leaving the peas in the saucepan. Add the remaining 1 cup of water, bouillon granules, tomatoes, onion, celery, garlic, mustard, ginger, cayenne pepper and bay leaf. Stir together and bring to a boil. Cover, reduce heat and simmer slowly for 2 hours, stirring occasionally. Add water as necessary to keep the peas covered with liquid.

Remove the bay leaf, pour into a serving bowl and garnish with parsley. Serve immediately.

Nutritional Analysis: (per serving)

Calories 173

Calcium 66 mg

Carbohydrate 31 g

Cholesterol 0 mg

Fat: Total - 1 g, Saturated - trace, Monounsaturated - trace

Fiber 5 g

Protein 11 g

Potassium 665 mg

Sodium 34 mg

www.mayoclinic.com/health/healthy-recipes/NU00372

Black-Eyed Peas in a Spicy Goan Curry

From the book 5 Spices, 50 Dishes by Ruta Kahate

Serves 4 to 6

Ingredients:

- 1 cup dried black-eyed peas or two 15-ounce cans, drained
- 2 Tbsp. canola oil
- 1 small yellow onion, minced (about 1 cup)
- 1 tsp. coriander seeds, finely ground
- ½ tsp. finely grated garlic (about 1 large clove)
- ½ tsp. finely grated fresh ginger (a 1-inch piece)
- ½ tsp. ground turmeric
- ½ tsp. cayenne
- ½ tsp. cumin seeds, finely ground
- ¼ cup minced tomato (1 small tomato)
- 2 cups (or 1 cup if using canned peas) hot water
- ½ tsp. salt, or to taste if using canned peas
- ½ tsp. sugar
- 1 cup canned coconut milk
- 2 Tbsp. minced cilantro leaves
- 1 Tbsp. lemon juice



Directions:

If using dried black-eyed peas, soak them in water to cover for 6 to 8 hours. Drain.

In a large saucepan, heat the oil over medium-low heat and sauté the onion until it turns dark brown, about 8 minutes. Add the coriander, garlic, ginger, turmeric, cayenne, and cumin, and stir for 2 minutes. Add the tomato and stir over low heat until it disintegrates.

Add the peas and mix well. Pour in the water, add the salt and sugar, and bring to a boil. Turn the heat down to low, cover, and simmer until the peas are cooked through, about 20 minutes. If using canned peas, simmer for only 10 minutes (it is essential to simmer the canned peas too so that the flavors blend better). Stir in the coconut milk and simmer for another 8 to 10 minutes, again allowing the flavors to come together.

Add the cilantro and lemon juice, simmer for 1 minute more, and remove from the heat. Serve immediately.

www.culinate.com/books/collections/all_books/5+Spices*2C+50+Dishes/black-eyed_peas_in_a_spicy_goan_curry

WOW TIP: Substitute the coconut milk by using 3 tablespoons canned cream of coconut plus hot water or warm low-fat milk to equal 1 cup; OR 1 cup whole milk plus 1 teaspoon coconut extract

www.cdktichen.com/features/tip/242/Coconut-Milk-Substitute

Note: 1 cup of coconut milk contains 445 calories and 48 grams fat (43 g of which are saturated), per the source shown below.

<http://nutritiondata.self.com/facts/nut-and-seed-products/3114/2>

Hoppin John

(Black Eyed Peas and Rice)

Ingredients:

- 1 pound dried black-eyed peas
- 2 small smoked ham hocks or meaty ham bone
- 2 medium onions, divided
- 3 large cloves garlic, halved
- 1 bay leaf
- 1 cup long-grain white rice
- 1 medium red bell pepper, chopped
- 1/2 green bell pepper, chopped
- 3 ribs celery, chopped
- 1 jalapeno or serrano pepper, minced
- 2 teaspoons Cajun or Creole seasoning
- 1/2 teaspoon dried thyme leaves
- 3/4 teaspoon ground cumin
- 3/4 teaspoon salt
- 4 green onions, sliced
- 1 can (10 to 14.5 ounces) diced tomatoes with chile peppers, juices reserved



Preparation:

In a large Dutch oven or kettle, combine the black-eyed peas, ham bone or ham hocks, and 6 cups water. Cut 1 of the onions in half and add it to the pot along with the garlic and bay leaf. Bring to a boil, reduce the heat to medium-low, and simmer gently until the beans are tender but not mushy, 2 to 2 1/2 hours. Remove the ham bone or hocks, cut off the meat; dice and set aside. Drain the peas and set aside. Remove and discard the bay leaf, onion pieces, and garlic.

Add 2 1/2 cups of water to the pot and bring to a boil. Add the rice, cover, and simmer until the rice is almost tender, about 10 to 12 minutes.

Mince the remaining onion then add to the rice along with the peas, tomatoes, and their juices, red and green bell pepper, celery, jalapeno pepper, Creole seasoning, thyme, cumin, and salt. Cook until the rice is tender, 5 to 8 minutes. Stir in the sliced green onions and the reserved diced ham. Serve with hot sauce and freshly baked cornbread.

Southern Food "Hoppin John" Recipe link: <http://southernfood.about.com/od/blackeyedpeas/r/bl80308c.htm>

***WOW Tip:** To reduce fat content, remove most of skin and fat from ham hocks or use a lean cut of ham in place of hocks.*

Black-eyed peas are "a great source of magnesium, iron, folate and protein".

<http://nutrition.about.com/od/fruitsandvegetables/p/blackeyedpeas.htm>

Valentine Meal

Pomegranate Duck

Ingredients:

- 1 pound boneless duck breast, skin removed
- 1/2 teaspoon kosher salt
- 2 teaspoons extra-virgin olive oil
- 1 small shallot, finely chopped
- 1 cup pomegranate juice
- 1/4 cup reduced-sodium chicken broth
- 1 teaspoon cornstarch
- 2 teaspoons chopped fresh parsley, for garnish (optional)



Preparation:

1. Preheat oven to 450°F.
2. Sprinkle duck with salt. Heat oil in a medium skillet over medium-high heat. Add the duck and cook until browned on both sides, 3 to 4 minutes per side. Transfer the duck to a small baking dish and roast until a thermometer inserted into the thickest part registers 150°F, 8 to 12 minutes for medium, depending on the size of the breast. Transfer to a cutting board; let rest 5 minutes.
3. While the duck is roasting, return the pan to medium-high heat. Add shallot and cook, stirring constantly, until fragrant, 30 seconds to 1 minute. Add pomegranate juice and bring to a boil. Reduce heat to a simmer; cook until reduced by half, 1 to 2 minutes. Stir broth and cornstarch in a small bowl until the cornstarch dissolves. Add to the pan. Bring to a boil, stirring constantly. Reduce heat to a simmer and cook, stirring, until the sauce is thickened, 1 to 2 minutes. When the duck has finished resting, pour any accumulated juices into the sauce and stir to combine.
4. Thinly slice the duck; serve topped with the pomegranate sauce. Garnish with parsley, if desired.

Nutrition per serving: 272 calories; 10 g fat (2 g sat , 5 g mono); 88 mg cholesterol; 22 g carbohydrates; 0 g added sugars; 23 g protein; 0 g fiber; 368 mg sodium; 552 mg potassium.

Nutrition Bonus: Iron (30% daily value), Potassium (16% dv), Vitamin C (15% dv).

http://www.eatingwell.com/recipes/pomegranate_duck.html

Couscous with Currants, Almonds, and Parsley

Ingredients:

- 2 cups instant couscous
- 1/4 cup currants
- 1/4 cup sliced almonds, toasted
- 1/4 chopped flat-leaf parsley
- Salt and freshly ground black pepper



Directions:

Check couscous package instructions to see how much boiling water you will need. Place couscous and currants in a large bowl. Pour boiling water over top, cover, and let stand for 5 minutes. Remove cover, add toasted almonds and parsley, and fluff with a fork until combined. Season with salt and pepper, to taste. Serve hot or at room temperature.

<http://www.foodnetwork.com/recipes/bobby-flay/couscous-with-currants-almonds-and-parsley-recipe/index.html>

Valentine Dessert

Chocolate Bliss Marble Cake Recipe

16 Servings

Prep: 40 min. Bake: 30 min. + cooling

Ingredients

- 5 egg whites
- 1/4 cup baking cocoa
- 1/4 cup hot water
- 1 cup sugar, divided
- 1 cup fat-free milk
- 3 tablespoons canola oil
- 1 teaspoon vanilla extract
- 3/4 teaspoon almond extract
- 2-1/2 cups all-purpose flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1-1/2 cups reduced-fat whipped topping
- 4 ounces semisweet chocolate
- 1-1/2 cups fresh raspberries



Directions

1. Let egg whites stand at room temperature for 30 minutes. Dissolve cocoa in water; let stand until cool.
2. In a large bowl, beat 3/4 cup sugar, milk, oil and extracts until well blended. Combine the flour, baking powder and salt; gradually beat into sugar mixture until blended.
3. In another bowl with clean beaters, beat egg whites on medium speed until soft peaks form. Beat in remaining sugar, 1 tablespoon at a time, on high until stiff peaks form. Gradually fold into batter. Remove 2 cups batter; stir in reserved cocoa mixture.
4. Coat a 10-in. fluted tube pan with cooking spray. Alternately spoon the plain and chocolate batters into pan. Cut through batter
5. with a knife to swirl.
6. Bake at 350° for 30-35 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.
7. For topping, in a microwave, melt whipped topping and chocolate; stir until smooth.
8. Place cake on a serving plate. Drizzle with topping. Arrange raspberries in center of cake.

Yield: 16 servings.

Nutrition Facts per serving (1 slice): 215 calories, 6 g fat (2 g saturated fat), trace cholesterol, 172 mg sodium, 37 g carbohydrate, 2 g fiber, 4 g protein

<http://www.tasteofhome.com/recipes/Chocolate-Bliss-Marble-Cake>

Salmon with Honey-Balsamic Glaze

Use simple ingredients likely to be found in your kitchen to create a far-from-ordinary glaze for this easy entrée.

Start to finish: 22 to 27 minutes

Ingredients:

- Cooking spray
- 1 1/2 tablespoons light mayonnaise
- 1 1/2 tablespoons balsamic vinegar
- 1 tablespoon honey
- 1 1/2 teaspoons sesame seeds
- 3/4 teaspoon dried oregano, crumbled
- 3/4 teaspoon olive oil
- 1 medium garlic clove, minced
- 4 skinless salmon fillets (about 4 ounces each), rinsed and patted dry



Directions:

1. Preheat the oven to 375°F. Lightly spray a shallow baking pan with cooking spray.
2. Spoon the mayonnaise into a small bowl. Gradually whisk in the vinegar until smooth. Whisk in the remaining ingredients except the fish.
3. Put the fish in the baking pan. Lightly spread the mayonnaise mixture over the top and sides of each fillet.
4. Bake for 15 to 20 minutes, or until the fish flakes easily when tested with a fork.

Nutrition Analysis: (per serving)

Calories	200
Total Fat	7.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.0 g
Monounsaturated Fat	3.0 g
Cholesterol	67 mg
Sodium	130 mg
Carbohydrates	7 g
Fiber	0 g
Sugars	6 g
Protein	25 g

Dietary Exchanges: 1/2 carbohydrate, 3 lean meat

<http://www.americanheart.org/presenter.jhtml?identifier=3062701>

<http://www.goredforwomen.org/BetterU/RecipesSearch.aspx?Keywords=&Meal=Dinner#3>

Grilled Salmon with Mango Salsa

Enjoy the perfect match of tastes in this quick, heart-healthy supper.

Serves 2

Ingredients:

- 1 cup diced fresh or frozen mango
- 2 scallions, thinly sliced
- 1 small jalapeño pepper, seeded and finely chopped
- 1 lime, cut in half
- 1 tbsp. ground cumin
- 2 salmon filets or steaks, about 5 oz. each



Make It 1-2-3!

1. In a bowl, combine mango, scallions, jalapeño and the juice of 1/2 lime. Add salt to taste.
2. Heat a stovetop grill pan or prepare an outdoor grill. Coat the salmon filets with cumin, salt and pepper. Grill for 6 to 8 minutes per side.
3. Squeeze juice from the remaining lime half over salmon. Serve with mango salsa on the side.

Serve with white rice mixed with black beans; grilled pineapple slices.

From HealthPlus

<https://healthpluswellness.securematria.com/content/story.aspx?sid=27913&returnurl=%2fcontent%2fnutrition%2frecipes%2fSearch.aspx%3fsearch%3d%26subtopid%3d2%26index%3d5%20>

Beans & Rice

4 servings, 1 cup each

Active Time: 15 minutes

Total Time: 15 minutes

Ingredients:

- 1 cup instant brown rice
- 2 teaspoons extra-virgin olive oil
- 1 medium onion, chopped (1 cup)
- 1 medium red bell pepper, seeded and diced (2 cups)
- 2 cloves garlic, minced
- 1 19-ounce can black beans, or dark red kidney beans, rinsed
- 1/4 cup reduced-sodium chicken broth, or vegetable broth
- 1 tablespoon cider vinegar
- 1/4 teaspoon hot sauce
- 1/8 teaspoon freshly ground pepper
- 1/3 cup chopped fresh cilantro



Preparation:

1. Cook rice according to package directions.
2. Meanwhile, heat oil in large nonstick skillet over medium-high heat.
3. Add onion; cook, stirring often, for 2 minutes.
4. Add bell pepper and garlic; cook, stirring often, until softened, 2 to 3 minutes.
5. Add beans, broth, vinegar, hot sauce and pepper; cook until heated through, 1 to 2 minutes.
6. Add the hot rice and cilantro; mix well.

Nutrition:

Per serving: 252 calories; 3 g fat (0 g sat , 2 g mono); 0 mg cholesterol; 43 g carbohydrates; 0 g added sugars; 9 g protein; 8 g fiber; 106 mg sodium; 189 mg potassium.

Nutrition Bonus: Vitamin C (70% daily value), Fiber (39% dv), Iron (20% dv).

Carbohydrate Servings: 2

Exchanges: 2 starch, 1 vegetable, 1/2 lean meat, 1/2 fat

http://www.eatingwell.com/recipes/beans_rice.html

Chicken Salad with Peaches

Takes under 30 minutes

Makes 6 servings

Ingredients:

- 6 ripe peaches
- 1½ teaspoons lemon juice
- 4½ cups (20 oz) shredded cooked chicken breast
- ½ cup (3 oz) drained, sliced water chestnuts or thinly sliced celery
- 3 green onions, thinly sliced
- 3 tablespoons peach preserves
- 3 tablespoons low-calorie mayonnaise
- 1½ tablespoons balsamic vinegar
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon ground ginger
- Romaine lettuce leaves
- 6 tablespoons chopped walnuts, toasted



Preparation:

1. Blanch peaches in boiling water for 1 or 2 minutes - just long enough to loosen the skins. Remove from water and set on a plate. Peel and pit three peaches, and finely dice. Toss with lemon juice in a bowl to prevent browning.
2. Add chicken, water chestnuts and green onion.
3. Stir together peach preserves, mayonnaise, vinegar, salt, white pepper and ginger; toss with chicken mixture.
4. Arrange lettuce leaves in the center of a large plate. Top with the chicken salad. Thinly slice the remaining peaches and arrange around the chicken salad. Sprinkle with walnuts and serve.

Nutritional info per serving:

325 Calories

10.9g Fat

1.9g Saturated fat

36g Protein

22g Carbohydrate

3.6g Fiber

277mg Sodium

Source: Healthy Living Kitchens

From HealthPlus communication

<http://www.healthpluswellness.com>

Leek, Asparagus & Herb Soup

6 servings, about 1 cup each

Active Time: 25 minutes

Total Time: 40 minutes

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 2 medium leeks (1½ c), trimmed, washed and finely chopped
- 2 cloves garlic, minced
- ½ pound (about 1⅔ c) new potatoes, scrubbed and diced
- 2 cups reduced-sodium chicken broth, or vegetable broth
- 1 pound fresh asparagus, trimmed and cut into ½-inch pieces (1½-2 cups)
- ⅔ cup snow peas, or sugar snap peas, stemmed and cut into ½-inch dice
- 3 tablespoons chopped fresh chives, divided
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon chopped fresh dill
- 2 teaspoons chopped fresh chervil, or flat-leaf parsley, plus sprigs for garnish
- 2 cups 1% milk
- 1 tablespoon lemon juice
- ¼ teaspoon salt, or to taste
- Freshly ground pepper, to taste
- ⅓ cup low-fat plain yogurt, for garnish



Preparation:

1. Heat oil in a large saucepan over medium-low heat. Add leeks and cook, stirring often, until softened but not browned, about 5 minutes. Add garlic and cook, stirring, for 1 minute.
2. Add potatoes and broth; bring to a simmer over medium-high heat. Cover and reduce heat to medium-low. Simmer, stirring occasionally, until the potatoes are tender, 10 to 15 minutes.
3. Increase heat to medium-high and stir in asparagus and peas; simmer, covered, stirring 2 or 3 times, until just tender, 3 to 4 minutes. Remove from heat; stir in 1 tablespoon chives, parsley, dill and chopped chervil (or parsley). Transfer the soup to a blender and blend until smooth. (Use caution when pureeing hot liquids.)
4. Return the soup to the pan. Add milk and bring to just below a simmer, stirring, over medium heat. Stir in lemon juice, salt and pepper. Ladle into soup bowls. Garnish each serving with a dollop of yogurt, a sprinkling of the remaining chopped chives and a sprig of chervil (or parsley).

Nutrition per serving: 132 calories; 4 g fat (1 g sat , 2 g mono); 7 mg cholesterol; 17 g carbohydrates; 0 g added sugars; 7 g protein; 2 g fiber; 196 mg sodium; 302 mg potassium.

Tips & Notes

Make Ahead Tip: Prepare through Step 3. Cover and refrigerate for up to 8 hours.

Ingredient Note: Chervil (from the Greek for "herb of rejoicing") has a mild flavor between those of parsley and anise. It doesn't dry well, so is best used fresh.

http://www.eatingwell.com/recipes/leek_asparagus_herb_soup.html

Baked Spinach Dip - Southwestern Style

VEGAN, DAIRY FREE, GLUTEN FREE

Tofu gives this dip a rich creaminess, and salsa (or picante sauce) gives it a nice kick. Try it with crackers, chips, toast pieces, veggies, or as a burrito filling.

Number of Servings: 4

Ingredients:

- 1 box silken
- extra firm tofu
- 1 box frozen spinach, thawed and squeezed dry
- 1/4 c nutritional yeast
- 1/4 c salsa or picante sauce
- 2 tsp granulated garlic
- 1 tsp onion powder
- salt and pepper to taste



Directions:

Preheat oven 350°F

Add ingredients to food processor. Blend until combined.

Add to greased baking dish. Bake 30 minutes or until hot.

Serve immediately.

Serving Size: 4 servings

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1846156>

Nutritional Info per serving

Calories: 61.2
Total Fat: 1.1 g
Cholesterol: 0.0 mg
Sodium: 122.7 mg
Total Carbs: 8.1 g
Dietary Fiber: 3.9 g
Protein: 7.6 g

Baked Kale

Prep Time: 10 Min, **Cook Time:** 10 Min, **Ready In:** 20 Min

Ingredients

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

Directions

1. Preheat an oven to 350 degrees F (175 degrees C).
Line a non-insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.
3. Bake until the edges brown but are not burnt, 10 to 15 minutes.



Nutritional Information per Serving: Calories: **58** | Total Fat: **2.8g** | Cholesterol: **0mg**

<http://allrecipes.com/Recipe/baked-kale-chips/detail.aspx>

See next page for Baked Tortilla Chips recipe.

Bake Tortilla Chips

Ingredients:

- 1 (12 ounce) package corn tortillas
- 1 tablespoon vegetable oil
- 3 tablespoons lime juice
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon salt



Directions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Cut each tortilla into 8 chip sized wedges and arrange the wedges in a single layer on a cookie sheet.
3. In a mister, combine the oil and lime juice. Mix well and spray each tortilla wedge until slightly moist.
4. Combine the cumin, chili powder and salt in a small bowl and sprinkle on the chips.
5. Bake for about 7 minutes. Rotate the pan and bake for another 8 minutes or until the chips are crisp, but not too brown.
6. Serve with salsas, garnishes or guacamole.

<http://allrecipes.com/recipe/baked-tortilla-chips/>

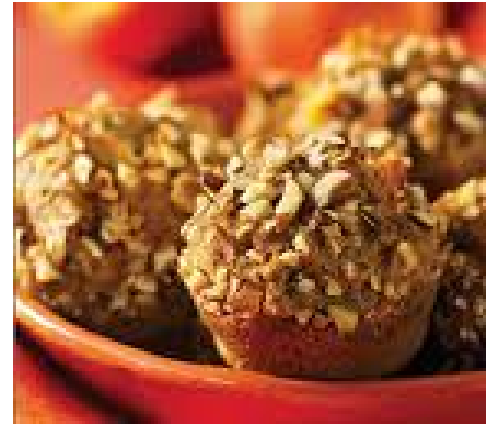
See next page for Sugar Free, Buckwheat Banana Muffins with chocolate chips and walnuts recipe.

Sugar Free, Buckwheat Banana Muffins with chocolate chips and walnuts

Number of Servings: 12

Ingredients:

- 3 bananas
- 2 eggs
- 1 tsp. vanilla
- 2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/4 tsp. salt
- 1/2 tsp. baking soda
- 1/2 tsp. baking powder
- 1 cup buckwheat flour, plus more if necessary
- 1/4 cup chocolate chips
- 1/4 cup walnuts



Directions:

1. Combine bananas, eggs, vanilla and spices.
2. Sift baking soda, powder and 1 cup of flour.
3. Stir dry ingredients into wet ingredients.
4. Add additional flour if needed to make it fairly thick.
5. Fold in chips and walnuts.
6. Divide evenly into 12 muffin tins.
7. Bake @ 350 for 15 - 20 minutes or until golden brown, or to your liking.

Makes 12 muffins

Nutritional Info per serving (1 muffin):

Calories: 74.2

Total Fat: 3.7 g

Cholesterol: 27.1 mg

Sodium: 133.2 mg

Total Carbs: 10.0 g

Dietary Fiber: 1.3 g

Protein: 1.6 g

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1846375>

Buckwheat is "a fruit seed that is related to rhubarb and sorrel making it a suitable substitute for grains for people who are sensitive to wheat or other grains that contain protein glutens". It is a source of flavonoid phytonutrients, manganese, tryptophan, magnesium, fiber and copper.

<http://whfoods.org/genpage.php?tname=foodspice&dbid=11>



Grilled Vegetable Kabobs

Marinade

- 1/2 cup olive oil
- 3 tablespoons fresh lemon juice
- 2 teaspoons salt
- 1 teaspoon freshly-ground black pepper
- 1 1/2 teaspoons dried oregano
- 2 cloves garlic, mashed

Veggies

- 4 medium-size red onions, quartered
- 2 medium-size green zucchini, cut into 1-inch pieces
- 2 medium-size yellow summer squash, cut into 1-inch pieces
- 12 cremini mushrooms, stemmed
- 1 red bell pepper, seeded and cut into 1-inch pieces
- 1 package extra-firm tofu, cut into 1-inch cubes (optional)
- 1/4 pound feta cheese, crumbled, for garnish (optional)

Directions

1. Mix marinade ingredients in a small bowl, stirring to blend.
2. Place prepared vegetables, and tofu if using, in a 2-gallon zipper-top plastic bag. Pour in the marinade, seal the bag, and turn over to coat everything. Marinate in the refrigerator 1 to 4 hours.
3. When ready to cook, remove vegetables from marinade and thread onto kabob rods, if using rotisserie, or skewers if using grill. Leave a little space between the vegetables for air to circulate. Grill using rotisserie or directly on grill until all vegetables are golden and tender, 20 to 25 minutes.
4. Remove from rods or skewers and serve warm, garnished with the crumbled feta, if desired.

<http://www.care2.com/greenliving/grilled-veggie-kabobs-recipe.html>

WOW Tip: *Reduce salt to lower sodium content of this recipe.*

See next page for Barbecued Raspberry-Hoisin Chicken recipe.



Barbecued Raspberry-Hoisin Chicken

Ingredients

- 1 cup fresh or frozen raspberries
- ¾ cup hoisin sauce, (see Ingredient Note)
- 5 tablespoons rice vinegar, divided
- 1 clove garlic
- 1 strip (2-by-½ -inch) orange zest
- 1 tablespoon chopped fresh ginger
- ⅛ teaspoon freshly ground pepper
- Pinch of crushed red pepper
- 1 ½ pounds boneless, skinless chicken thighs, trimmed, each cut into 3 crosswise strips
- 2 ½ cups water
- 1 cup long- or medium-grain brown rice
- ⅓ cup thinly sliced scallion greens, divided



Preparation

- 1) Combine raspberries, hoisin sauce, 3 tablespoons rice vinegar, garlic, orange zest, ginger, pepper and crushed red pepper in a blender or food processor. Blend or process until smooth, about 1 minute. Set aside ¼ cup for a dipping sauce.
- 2) Transfer the remaining marinade to a medium bowl and add chicken; stir to coat. Cover and refrigerate for at least 2 hours and up to 24 hours.
- 3) Combine water and rice in a medium saucepan and bring to a boil. Cover, reduce heat to a simmer and cook until most of the liquid has been absorbed, 40 to 50 minutes. Remove from the heat and let stand, covered, until ready to serve.
- 4) Preheat grill to medium-high or preheat the broiler to high.
- 5) Meanwhile, remove the chicken from the marinade, scrape off excess (discard marinade), and thread onto 4 skewers, distributing equally.
- 6) Grill the chicken until browned and cooked through, 3 to 4 minutes per side. If using the broiler, place the chicken on a broiler pan coated with cooking spray and broil 4 inches from the heat source until cooked through, about 5 minutes per side.
- 7) Just before serving, sprinkle the rice with the remaining 2 tablespoons vinegar and ¼ cup scallions; fluff with a fork. Sprinkle the chicken and rice with the remaining scallions. Serve with the reserved dipping sauce.

Tips & Notes

Make Ahead Tip: Marinate for up to 24 hours before grilling. | Equipment: 4 skewers

Ingredient Note: Hoisin sauce is a thick, dark brown, spicy-sweet sauce made from soybeans and a complex mix of spices. Look for it in the Asian section of your supermarket.

Nutrition

Per serving: 398 calories; 11 g fat (3 g sat , 4 g mono); 86 mg cholesterol; 44 g carbohydrates; 4 g added sugars; 28 g protein; 4 g fiber; 313 mg sodium; 376 mg potassium.

http://www.eatingwell.com/recipes/barbecued_raspberry_hoisin_chicken.html

See next page for Terry's Barbecued Ribs recipe.

Terry's Barbecued Ribs

Ingredients

- 1/4 cup chili powder
- 1 tablespoon garlic powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons dried thyme
- 3/4 teaspoon hot dry mustard
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon ground cloves
- 1 rack pork back ribs (2 ¼ to 2 ½ lb), fat trimmed, cut in half lengthwise
- 2 limes, quartered



Preparation

1. In a bowl, mix chili powder, garlic powder, cumin, oregano, thyme, mustard, salt, pepper, and cloves. Rinse ribs and pat dry. Rub ribs all over with spice mixture. Wrap airtight and chill 8 hours or overnight.
 2. If using charcoal briquets, mound and ignite 50 briquets on the firegrate of a barbecue with a lid. When briquets are dotted with gray ash, in 15 to 20 minutes, push equal amounts to opposite sides of firegrate. Set a drip pan on firegrate between coals. If using a gas barbecue, turn all burners to high and close lid for 10 minutes. Adjust burners for indirect cooking (no heat down center) and lower side burners to medium heat.
 3. Lay ribs along center of the grill (not directly over heat).
 4. Cover the barbecue (if using charcoal, open vents) and cook, turning once midway through cooking time, until meat is browned, about 15 minutes.
 5. Wrap ribs in foil and return to grill. Cook until meat is tender when pierced, about 30 minutes longer.
 6. Transfer ribs to a platter and cut apart between bones. Garnish with lime wedges to squeeze over portions to taste.
- <http://www.myrecipes.com/recipe/terrrys-barbecued-ribs-10000000600590/>



Watermelon Recipes from EatingWell.com

Watermelon Salsa

Watermelon Slush

Watermelon Aqua Fresca

Sweet & Tangy Watermelon Salad

Watermelon Gazpacho

Melon Pazanella

Chilled Melon Soup

Watermelon Sorbet

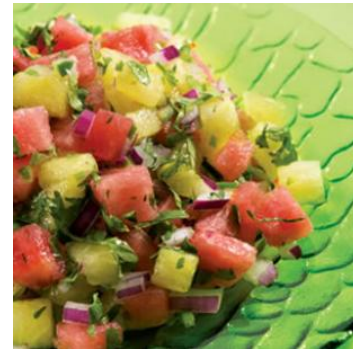
Watermelon Yogurt-Ice

Watermelon Recipes from eatingwell.com

Watermelon Salsa

Ingredients

- 3 cups finely diced seedless watermelon, (about 2 1/4 pounds with the rind) (see Tip)
- 2 jalapeno peppers, seeded and minced (see Ingredient note)
- 1/3 cup chopped cilantro, (about 1/2 bunch)
- 1/4 cup lime juice
- 1/4 cup minced red onion, (about 1/2 small)
- 1/4 teaspoon salt, or to taste



Preparation

1. Place watermelon, jalapenos, cilantro, lime juice and onion in a medium bowl; stir well to combine. Season with salt. Serve at room temperature or chilled.

Nutrition per serving: 26 calories; 0 g fat (0 g sat , 0 g mono); 0 mg cholesterol; 7 g carbohydrates; 1 g protein; 1 g fiber; 75 mg sodium; 122 mg potassium. **Nutrition Bonus:** Vitamin C (60% daily value).

Carbohydrate Servings: 1/2 **Exchanges:** 1/2 fruit

Make Ahead Tip: Cover and refrigerate for up to 1 day.

Tip: Melon selection & storage: Look for symmetrical unblemished melons, without flat sides, that have a creamy yellow spot on the bottom indicating ripeness. At 92% water, this fruit should feel heavy when you heft it. Precut melon flesh should be dense, firm and appear moist. Store in the refrigerator for up to a week or keep in a cool, dark spot. Cover the cut surface of melon with plastic wrap and refrigerate.

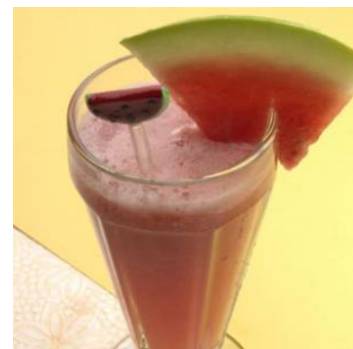
Ingredient Note: The seeds and surrounding membrane are the spiciest part of the chile pepper. To increase the heat of the salsa, use some or all of the seeds, depending on your preference, along with the flesh of the pepper.

http://www.eatingwell.com/recipes/watermelon_salsa.html

Watermelon Slush

Ingredients

- 3 cups diced watermelon
- 2 tablespoons lime juice
- 1 tablespoon sugar
- 1 cup crushed ice
- 1/2 cup water



Preparation

Blend watermelon, lime juice, sugar, ice and water in a blender until smooth.

Nutrition per serving: 48 calories; 0 g fat (0 g sat , 0 g mono); 0 mg cholesterol; 12 g carbohydrates; 1 g protein; 0 g fiber; 2 mg sodium; 137 mg potassium. **Nutrition Bonus:** A natural sports drink with vitamins A and C, potassium.

Carbohydrate Servings: 1 **Exchanges:** 1/2 fruit

http://www.eatingwell.com/recipes/watermelon_slush.html

Watermelon Aqua Fresca

Ingredients

- 8 cups cubed seeded watermelon, (about 6 pounds with the rind), divided
- 1 cup water, divided
- 1/3 cup sugar, divided
- 1/4 cup fresh lime juice
- 1 liter (4 cups) club soda, or seltzer water, well chilled
- Lime slices, for garnish



Preparation

1. Combine half the watermelon, half the water and half the sugar in a blender; puree. Pour through a coarse strainer into a large container. Repeat with the remaining watermelon, water and sugar. Stir in lime juice. Refrigerate until well chilled, about 4 hours.
2. To serve, stir in club soda (or seltzer) and garnish with lime.

Nutrition per cup: 64 calories; 0 g fat (0 g sat , 0 g mono); 0 mg cholesterol; 16 g carbohydrates; 1 g protein; 1 g fiber; 2 mg sodium; 144 mg potassium. **Nutrition Bonus:** Vitamin C (30% daily value), Vitamin A (15% dv).

Carbohydrate Servings: 1 **Exchanges:** 1 fruit

http://www.eatingwell.com/recipes/watermelon_agua_fresca.html

Sweet & Tangy Watermelon Salad

Ingredients

- 2 tablespoons rice vinegar
- 2 1/2 teaspoons sugar
- 2 cups diced seeded watermelon
- 2 cups diced cucumber
- 1/2 cup chopped fresh cilantro
- 1/4 cup unsalted dry-roasted peanuts, toasted (see Tip) and coarsely chopped



Preparation

1. Stir together vinegar and sugar in a medium bowl until the sugar almost dissolves. Add watermelon, cucumber and cilantro; toss gently to combine. Just before serving, sprinkle with peanuts.

Nutrition per serving: 63 calories; 3 g fat (0 g sat , 2 g mono); 0 mg cholesterol; 8 g carbohydrates; 2 g protein; 1 g fiber; 3 mg sodium; 164 mg potassium. **Carbohydrate Servings:** 1/2 **Exchanges:** 1/2 fruit, 1/2 vegetable, 1/2 fat

Tip: To toast nuts:

Heat a small dry skillet over medium-low heat. Add nuts and cook, stirring, until lightly browned and fragrant, 2 to 3 minutes. Transfer to a bowl to cool.

http://www.eatingwell.com/recipes/sweet_tangy_watermelon_salad.html

Watermelon Gazpacho

Ingredients

- 8 cups finely diced seedless watermelon, (about 6 pounds with the rind) (see Tip)
- 1 medium cucumber, peeled, seeded and finely diced
- 1/2 red bell pepper, finely diced
- 1/4 cup chopped fresh basil
- 1/4 cup chopped flat-leaf parsley
- 3 tablespoons red-wine vinegar
- 2 tablespoons minced shallot
- 2 tablespoons extra-virgin olive oil
- 3/4 teaspoon salt



Preparation

1. Mix watermelon, cucumber, bell pepper, basil, parsley, vinegar, shallot, oil and salt in a large bowl. Puree 3 cups of the mixture in a blender or food processor to the desired smoothness; transfer to another large bowl. Puree another 3 cups and add to the bowl. Stir in the remaining diced mixture. Serve at room temperature or chilled.

Nutrition per serving: 116 calories; 5 g fat (1 g sat , 4 g mono); 0 mg cholesterol; 18 g carbohydrates; 0 g added sugars; 2 g protein; 2 g fiber; 296 mg sodium; 345 mg potassium. **Nutrition Bonus:** Vitamin C (110% daily value), Vitamin A (45% dv). **Carbohydrate Servings:** 1 **Exchanges:** 1 fruit, 1 fat

Make Ahead Tip: Cover and refrigerate for up to 1 day.

http://www.eatingwell.com/recipes/watermelon_gazpacho.html

Melon Panzanella

Ingredients

- 4 ounces whole-grain bread, torn into bite-size pieces (about 2 1/2 cups)
- 3 tablespoons extra-virgin olive oil
- 1 ounce thinly sliced prosciutto, cut into thin strips (about 1/3 cup)
- 2 cloves garlic, minced
- 2 tablespoons red-wine vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 4 cups torn arugula leaves
- 2 cups cubed firm ripe melon
- 2 tablespoons chopped fresh basil



Preparation

1. Preheat oven to 250°F.
2. Spread bread pieces on a baking sheet. Bake until lightly toasted, about 20 minutes.
3. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add prosciutto and cook, stirring occasionally, until crisp, 3 to 4 minutes. Add garlic and cook, stirring, 30 seconds more. Remove from the heat and stir in vinegar, salt and pepper.
4. Place arugula, melon, basil and the toasted bread in a large bowl. Add the prosciutto mixture and toss to combine. Let the salad stand for about 20 minutes before serving so the bread can absorb some of the dressing.

Nutrition per serving: 130 calories; 8 g fat (1 g sat , 5 g mono); 4 mg cholesterol; 13 g carbohydrates; 1 g added sugars; 3 g protein; 3 g fiber; 277 mg sodium; 149 mg potassium. **Nutrition Bonus:** Vitamin C (16% daily value).

Carbohydrate Servings: 1 **Exchanges:** 1/2 starch, 1 vegetable, 1 1/2 fat

http://www.eatingwell.com/recipes/melon_panzanella.html

Chilled Melon Soup

Ingredients

- 6 cups cubed ripe melon
- 1/2 cup diced seedless cucumber
- 6 tablespoons lime juice, divided, plus more to taste
- 1 tablespoon thinly sliced scallion green, plus 1 whole scallion, divided
- 1 jalapeño pepper, plus more to taste
- 1 cup cold water
- 1 2-by-1/2-inch strip orange zest
- 1/2 cup orange juice, plus more to taste
- 1 teaspoon chopped fresh ginger
- 1/2 teaspoon kosher salt
- 2 tablespoons finely chopped cilantro, or mint for garnish
- 6 teaspoons plain yogurt, or crème fraîche for garnish



Preparation

1. Dice enough melon to measure 1 cup and combine in a small bowl with cucumber, 2 tablespoons lime juice and scallion green. Cover and refrigerate until ready to serve the soup.
2. Place the remaining melon and 4 tablespoons lime juice in a blender. Chop the whole scallion and seed and chop jalapeño; add to the blender along with water, orange zest, orange juice, ginger and salt. Blend until smooth and creamy. Taste and add more lime juice, jalapeño and/or orange juice, if desired.
3. Refrigerate the soup until chilled, 2 hours.
4. Stir the reserved diced melon mixture and divide among 4 soup bowls. Pour the soup into the bowls. Garnish each serving with cilantro (or mint) and yogurt (or crème fraîche), if using.

Nutrition per serving: 63 calories; 0 g fat (0 g sat , 0 g mono); 0 mg cholesterol; 16 g carbohydrates; 0 g added sugars; 1 g protein; 1 g fiber; 97 mg sodium; 262 mg potassium. **Nutrition Bonus:** Vitamin C (50% daily value), Vitamin A (20% dv). **Carbohydrate Servings:** 1 **Exchanges:** 1 fruit

Make Ahead Tip: Refrigerate the melon mixture (Step 1) and soup (Step 2) in separate containers for up to 1 day. Finish with Step 4 just before serving.

http://www.eatingwell.com/recipes/chilled_melon_soup.html

Watermelon Sorbet

Ingredients

- 1/2 cup sugar
- 3/4 cup water
- 6 cups watermelon chunks, (4-pound watermelon), seeded
- 2 tablespoons lime juice

Preparation

1. Combine sugar and water in a medium saucepan. Bring to a boil over medium-high heat, stirring to dissolve the sugar. Reduce heat to low and simmer for 5 minutes. Remove from heat and let cool to room temperature, about 45 minutes. Cover and refrigerate until chilled, about 1 hour.
2. Place watermelon and lime juice in a food processor; process until smooth. Set a sieve over a large bowl and press the puree through to remove tiny seeds. Whisk in the sugar syrup.
3. Pour the watermelon mixture into a shallow metal pan and freeze until ice crystals form around the edges, about 30 minutes. Stir the ice crystals into the center of the pan and return to the freezer; repeat every 20 minutes until all the liquid is frozen.



4. Serve immediately or transfer to a storage container and let harden in the freezer for 1 to 1 1/2 hours. Serve in chilled dishes.

Nutrition per serving: 56 calories; 0 g fat (0 g sat , 0 g mono); 0 mg cholesterol; 14 g carbohydrates; 0 g protein; 0 g fiber; 1 mg sodium; 88 mg potassium. **Nutrition Bonus:** 11 mg Vitamin C (20% dv), 15% dv Vitamin A.

Carbohydrate Servings: 1 **Exchanges:** 1/2 fruit, 1/2 other carbohydrate

http://www.eatingwell.com/recipes/watermelon_sorbet.html

Watermelon-Yogurt Ice

Ingredients

- 1/4 cup water
- 1/4 cup sugar
- 4 cups diced seedless watermelon, (about 3 pounds with the rind)
- 1 cup low-fat vanilla yogurt
- 1 tablespoon lime juice



Preparation

1. Combine water and sugar in a small saucepan. Cook, stirring, over high heat until the sugar is dissolved. Transfer to a glass measuring cup and let cool slightly.
2. Puree watermelon in a food processor or blender, in 2 batches, pulsing until smooth. Transfer to a large bowl. Whisk in the cooled sugar syrup, yogurt and lime juice until combined. Pour the mixture through a fine-mesh sieve into another large bowl, whisking to release all juice. Discard pulp. Pour the extracted juices into an ice cream maker and freeze according to manufacturer's directions. (Alternatively, pour into a shallow metal pan and freeze until solid, about 6 hours or overnight. Remove from freezer to defrost slightly, 5 minutes. Break into small chunks and process in a food processor, in batches, until smooth and creamy.) Serve immediately or transfer to a storage container and freeze for up to 2 hours.

Nutrition per serving: 74 calories; 1 g fat (0 g sat , 0 g mono); 2 mg cholesterol; 16 g carbohydrates; 2 g protein; 0 g fiber; 21 mg sodium; 155 mg potassium. **Carbohydrate Servings:** 1 **Exchanges:** 1 fruit

Make Ahead Tip: If frozen longer than 2 hours, break into chunks and puree in a food processor until smooth before serving.

http://www.eatingwell.com/recipes/watermelon_yogurt_ice.html

Asian Barbecued Pork

Ingredients

- Cooking spray
- 1 (1 1/2-pound) pork tenderloin, trimmed
- 1/8 teaspoon salt
- 2 tablespoons hoisin sauce
- 2 tablespoons ketchup
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon chili garlic sauce
- 2 garlic cloves, crushed
- 1 1/2 teaspoons minced peeled fresh ginger
- Chopped cilantro (optional)



Preparation

Preheat oven to 425°.

Heat a large ovenproof skillet coated with cooking spray over medium-high heat. Sprinkle pork with salt. Add pork to pan; cook 2 minutes on all sides or until browned. Remove from heat.

Combine hoisin and next 5 ingredients (through ginger) in a small bowl. Spread hoisin mixture over tenderloin. Insert meat thermometer into thickest portion of tenderloin.

Bake at 425° for 15 minutes or until thermometer registers 160°. Place pork on a platter; let stand 5 minutes.

Reserve 8 ounces (about 1/3) of tenderloin for Asian Pork Stir-Fry. Cut remaining tenderloin into 1/4-inch-thick slices. Garnish with cilantro, if desired.

Note: Hoisin sauce and chili garlic sauce may be found in the Asian-food section of most large supermarkets.

Nutritional Information

Calories per serving: 175

Calories per serving: 30%

Fat per serving: 5.5g

Saturated fat per serving: 1.9g

Monounsaturated fat per serving: 2.2g

Polyunsaturated fat per serving: 0.6g

Protein per serving: 26g

Carbohydrates per serving: 3.4g

Fiber per serving: 0.2g

Cholesterol per serving: 80mg

Iron per serving: 1.4mg

Sodium per serving: 362mg

Calcium per serving: 8mg

<http://www.health.com/health/recipe/0,,10000000521890,00.html>

Herbed Potato Salad

Yield: 6 servings (serving size: about 1 cup)

Ingredients

- 2 pounds Yukon gold potatoes
- 3 tablespoons white wine vinegar
- 1/2 cup plain low-fat yogurt
- 1/4 cup reduced-fat sour cream
- 1 tablespoon canola oil
- 1/2 cup finely chopped red onion
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh dill
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 garlic clove, minced



Directions

Place potatoes in a saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender.

Drain. Cool slightly and peel.

Cut potatoes in half lengthwise; cut halves crosswise into 1/4-inch-thick slices. Place potatoes in a large bowl; sprinkle with vinegar.

Combine yogurt and sour cream in a medium bowl, stirring with a whisk until smooth. Add oil; stir with a whisk. Add onion and remaining ingredients; stir with a whisk. Add yogurt mixture to potato mixture; toss gently to coat.

Cover and chill 1 to 24 hours.

Nutritional Information

Amount per serving

Calories: 168

Calories from fat: 21%

Fat: 4g

Saturated fat: 1.2g

Monounsaturated fat: 1.4g

Polyunsaturated fat: 0.8g

Protein: 4.2g

Carbohydrate: 30.1g

Fiber: 2.6g

Cholesterol: 6mg

Iron: 0.6mg

Sodium: 221mg

Calcium: 66mg

<http://www.myrecipes.com/recipe/herbed-potato-salad-10000000263956/>

See next page for Lemony Carrot Salad recipe

Lemony Carrot Salad

Lemon juice and olive oil form the dressing base for this simple salad, made with fresh grated carrots, garlic, scallions and fresh dill.

Makes 4 servings

Ingredients:

2 T lemon juice
2 T extra-virgin olive oil
1 small clove garlic, minced
1/4 tsp salt, or to taste
Freshly ground pepper to taste
2 cups grated carrots (4 medium-large)
3 T chopped fresh dill
2 T chopped scallions



Instructions:

Whisk lemon juice, oil, garlic, salt and pepper in a medium bowl. Add carrots, dill and scallions; toss to coat. Chill until serving time.

Nutritional information per serving:

Calories 91
Fat 7 g
Sat fat 1 g
Cholesterol 0 mg
Protein 1 g
Carbs 6 g
Fiber 2 g
Sodium 184 mg

http://www.eatingwell.com/recipes/lemony_carrot_salad_with_dill.html

See next page for Spinach Salad with Black Olive Vinaigrette recipe.

Spinach Salad with Black Olive Vinaigrette

Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons red-wine vinegar, or lemon juice
- 6 pitted Kalamata olives, finely chopped
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 6 cups torn spinach leaves
- 1/2 cucumber, seeded and sliced
- 1/2 red onion, thinly sliced



Preparation

Whisk oil, vinegar (or lemon juice) and olives in a salad bowl. Season with salt and pepper. Add spinach, cucumbers and onions; toss well. Serve immediately.

Nutrition Per serving: 128 calories; 12 g fat (2 g sat , 9 g mono); 0 mg cholesterol; 3 g carbohydrates; 2 g protein; 1 g fiber; 271 mg sodium; 284 mg potassium.

Nutrition Bonus: Vitamin A (80% daily value), Folate (22% dv), Vitamin C (20% dv).

http://www.eatingwell.com/recipes/spinach_salad_with_black_olive_vinaigrette.html

Asian Chicken and Vegetable Stew

"With this easy recipe, you can make a healthy entrée that has that great take-out flavor—and in next to no time at all. Another time, leave out the chicken and you'll have a first-course or side soup."

Serves 4 (1¼ cups per serving)

Ingredients:

- 1 teaspoon toasted sesame oil
- 1 lb. boneless, skinless chicken breasts, all visible fat discarded, cut into ¾-inch cubes
- 1 14-oz. can fat-free, low-sodium chicken broth
- 1 8-oz. can bamboo shoots, rinsed and drained
- 4 oz. (about 1 cup) fresh snow peas, trimmed
- ⅓ cup water and 1 tablespoon water, divided use
- 4 medium green onions, sliced
- 3 tablespoons plain rice vinegar
- 2 tablespoons soy sauce (lowest sodium available)
- 1 tablespoon coarsely chopped peeled gingerroot
- 1 teaspoon light brown sugar
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon pepper
- 1 tablespoon cornstarch



Directions:

1. Heat a large nonstick saucepan over medium-high heat. Pour in the oil, swirling to coat the bottom. Cook the chicken for 6 to 8 minutes, or until no longer pink in the center, stirring frequently.
2. Stir in the broth, bamboo shoots, snow peas, ⅓ cup water, green onions, vinegar, soy sauce, gingerroot, brown sugar, red pepper flakes, and pepper. Bring to a boil over high heat, stirring occasionally. Reduce the heat and simmer for 6 to 8 minutes, stirring occasionally.
3. Put the cornstarch in a cup. Add the remaining 1 tablespoon water, stirring to dissolve. Stir into the soup. Increase the heat to medium high and bring to a boil. Boil for 1 to 2 minutes, or until thickened, stirring occasionally.

Cook's Tip: Toasted sesame oil provides the authentic Asian flavor in this recipe. Also known as Asian sesame oil, it is darker and has a stronger flavor than regular sesame oil, which is virtually flavorless.

Nutrition Analysis: (per serving)

Calories	186	Cholesterol	66 mg
Total Fat	3.0 g	Sodium	303 mg
Saturated Fat	0.5 g	Carbohydrates	9 g
Trans Fat	0.0 g	Fiber	2 g
Polyunsaturated Fat	1.0 g	Sugars	4 g
Monounsaturated Fat	1.0 g	Protein	29 g

Dietary Exchanges: 1/2 carbohydrate, 3 very lean meat

<http://www.americanheart.org/presenter.jhtml?identifier=3064538>

Asian Noodles with Vegetables

Serves: 4

Prep: 10min Cook: 8min Total: 1min

Ingredients:

- 1 egg, lightly beaten
- 9 ounces dry eggless chow mein noodles or baked ramen noodles
- 1 tablespoon canola oil
- 1 tablespoon minced garlic
- 4 cups thinly sliced bok choy stems and leaves
- 1 medium carrot, shredded
- 1 tablespoon reduced-sodium soy sauce
- 1 teaspoon sugar
- 1 teaspoon dark sesame oil



Directions:

1. Coat a small nonstick skillet with cooking spray. Warm over medium heat. Add the egg, and swirl the pan so the egg coats the bottom. Cook for about 1 minute, or until almost set. Carefully turn and cook a few seconds until the egg is set on the bottom. Remove from the pan, and place on a cutting board to cool slightly. Roll up tightly, and cut into strips. Set aside.
2. Cook the noodles (discard the seasoning packet or reserve for another use) in a pot of boiling water for 3 minutes, or according to the package directions. Drain, rinse with cold water, and drain again. Set aside.
3. In a large nonstick skillet or wok heat the canola oil over medium heat. Add the garlic and cook for 30 seconds, or until fragrant. Add the bok choy and carrot. Stir-fry until the bok choy starts to wilt, 1 to 2 minutes.
4. Add the noodles, soy sauce, sugar, and sesame oil. Cook, tossing until the noodles are heated through, 1 to 2 minutes.
5. Add the reserved egg strips, and toss to combine.

Nutritional Facts per serving

Calories 301 cal

Fat 6.9 g

Saturated fat 0.8 g

Sodium 431.3 mg

Carbohydrates 52.1 g

Total sugars 4.4 g

Dietary fiber 4.6 g

Protein 9.8 g

<http://recipes.prevention.com/Recipe/asian-noodles-with-vegetables.aspx>

Baked Curried Brown Rice & Lentil Pilaf

Ingredients

- 1 tablespoon butter
- 1 cup brown basmati or brown jasmine rice
- 4 1/4 cups water
- 1 cup brown lentils
- 4 cloves garlic, peeled
- 1 cinnamon stick
- 4 1/8-inch-t peeled fresh ginger
- 1-2 teaspoons red curry paste, (see Note) or 1 tablespoon curry powder
- 1/2 teaspoon salt
- 4 scallions, trimmed and sliced



Directions

Step 1

Place rack in lower third of oven; preheat to 350°F.

Step 2

Melt butter over medium-high heat in a large ovenproof Dutch oven; add rice and cook, stirring, until lightly toasted, about 1 1/2 minutes. (If using curry powder, add it now and cook, stirring, until fragrant, about 15 seconds.) Add water. Stir in lentils, garlic cloves, cinnamon stick, ginger, curry paste, if using, and salt; bring to a boil, stirring to dissolve the curry paste.

Step 3

Cover the pot tightly with a lid or foil. Transfer to the oven and bake until the rice and lentils are tender and all the water is absorbed, 50 to 55 minutes. Fluff with a fork, removing the cinnamon stick and ginger slices. Serve garnished with scallions.

Recipe Tips

Note: Red curry paste is a blend of chile peppers, garlic, lemongrass and galangal (a root with a flavor similar to ginger). Look for it in jars or cans in the Asian section of the supermarket or specialty stores.

Nutrition Info

Calories: 348

Carbohydrates: 62g

Fat: 5g

Protein: 16g

Dietary Fiber: 13g

Saturated Fat: 2g

Monounsaturated Fat: 1g

Cholesterol: 8mg

Potassium: 578mg

Sodium: 327mg

<http://www.acefitness.org/healthyrecipes/1023/baked-curried-brown-rice-lentil-pilaf>

See next 2 pages for Lamb Kebab recipes: 1) Northern Africa Orange and 2) Oven-Roasted Lamb Kebabs with Tzatziki Sauce

Northern African Orange Lamb Kebabs

Ingredients

- 1/2 cup loosely packed fresh cilantro leaves
- 1/2 cup loosely packed fresh parsley leaves
- 3 cloves garlic, crushed and peeled
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/4 cup nonfat plain yogurt
- 2 tablespoons lemon juice
- 1 pound lean leg of lamb, trimmed of fat and cut into 1-inch cubes
- 2 seedless oranges, unpeeled, quartered and cut into 1/4-inch-thick slices



Cooking Directions

Step 1

Preheat grill to high.

Step 2

Combine cilantro, parsley, garlic, paprika, cumin, salt and pepper in a food processor; process until the herbs are finely chopped. Add yogurt and lemon juice; process until smooth. Scrape into a medium bowl, add lamb and toss to coat. Cover with plastic wrap and marinate in the refrigerator for 20 minutes.

Step 3

Thread lamb and orange slices alternately onto 8 skewers. Discard marinade.

Step 4

Oil the grill rack (see Tip). Grill the kebabs, turning occasionally, until cooked to desired doneness, 7 to 10 minutes for medium-rare. Serve immediately.

<http://www.acefitness.org/healthyrecipes/703/north-african-orange-lamb-kebabs>

See next page for "Oven-Roasted Lamb Kebabs with Tzatziki Sauce" recipe

Oven-Roasted Lamb Kebabs with Tzatziki Sauce

“Oven roasted for a succulent and tender bite, these delicious lamb and vegetable kebabs are easy to prepare and full of flavor. Serve with the tangy tzatziki sauce and a simple cucumber, tomato and olive salad with feta cheese and warm pita bread for a traditional Greek delight.”

Ingredients

- 2 cups plain Greek-style yogurt
- 1 cucumber, peeled, halved and thinly sliced
- 1 clove garlic, finely chopped
- 1 1/4 red onions (1/4 finely chopped, 1 thickly sliced)
- Juice of half a lemon
- 6 bamboo skewers, soak in water for 30 minutes
- 1 pound thick-cut boneless lamb chops, cut into 1/2-inch cubes
- 10 cremini mushrooms, thickly sliced
- 1 red bell pepper, cored, seeded, and cut into 1/2-inch pieces
- 1 yellow bell pepper, cored, seeded, and cut into 1/2-inch pieces
- Salt and pepper to taste
- 1/4 cup olive oil



Method

To prepare the tzatziki sauce, put yogurt, cucumbers, garlic, chopped onions, and lemon juice into a medium bowl and stir well. Cover and refrigerate for 1 hour.

Preheat the oven to 350°F. Assemble kebabs by threading lamb, mushrooms, peppers, and sliced onions onto the skewers, alternating them as you go so that each kebab has a bit of each. Place all kebabs on a baking sheet and season generously with salt and pepper, turning skewers around to season all sides. Drizzle with oil, once again turning the skewers to evenly coat all of the meat and vegetables.

Bake about 12 minutes for medium rare or 15 minutes for medium to medium well. Alternately, grill at high heat, turning and browning all sides until cooked through. Transfer kebabs to a platter and serve with tzatziki sauce on the side.

Nutrition

Per serving: 350 calories (230 from fat), 25g total fat, 9g saturated fat, 65mg cholesterol, 280mg sodium, 11g total carbohydrate (2g dietary fiber, 7g sugar), 19g protein

Note from website: “We've provided special diet and nutritional information for educational purposes. But remember — we're cooks, not doctors! You should follow the advice of your health-care provider. And since product formulations change, check product labels for the most recent ingredient information.”

<http://www.wholefoodsmarket.com/recipes/1051>

Herb-Roasted Turkey

12 servings, 3 ounces each, plus plenty of leftovers

Active Time: 30 minutes

Total Time: 3 1/2 hours

Ingredients

- 1 10-12-pound turkey
- ¼ cup fresh herbs, plus 20 whole sprigs, such as thyme, rosemary, sage, oregano and/or marjoram, divided
- 2 tablespoons canola, oil
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- Aromatics, onion, apple, lemon and/or orange, cut into 2-inch pieces (1 1/2 cups)
- 3 cups water, plus more as needed



Preparation

1. Position a rack in the lower third of the oven; preheat to 475°F.
2. Remove giblets and neck from turkey cavities and reserve for making gravy. Place the turkey, breast-side up, on a rack in a large roasting pan; pat dry with paper towels. Mix minced herbs, oil, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat. Place aromatics and 10 of the herb sprigs in the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Add 3 cups water and the remaining 10 herb sprigs to the pan.
3. Roast the turkey until the skin is golden brown, 45 minutes. Remove the turkey from the oven. If using a remote digital thermometer, insert it into the deepest part of the thigh, close to the joint. Cover the breast with a double layer of foil, cutting as necessary to conform to the breast. Reduce oven temperature to 350° and continue roasting for 11/4 to 13/4 hours more. If the pan dries out, tilt the turkey to let juices run out of the cavity into the pan and add 1 cup water. The turkey is done when the thermometer (or an instant-read thermometer inserted into the thickest part of the thigh without touching bone) registers 165°F.
4. Transfer the turkey to a serving platter and cover with foil. Let the turkey rest for 20 minutes. Remove string and carve.

Tips & Notes

- **Make Ahead Tip:** Equipment: Large roasting pan, roasting rack, kitchen string, thermometer

Nutrition

Per serving (without skin): 155 calories; 5 g fat (1 g sat , 2 g mono); 63 mg cholesterol; 0 g added sugars; 25 g protein; 0 g fiber; 175 mg sodium; 258 mg potassium.

http://www.eatingwell.com/recipes/herb_roasted_turkey.html

See next 2 pages for bulgur wheat and fruit stuffing recipes:

1) Bulgur Stuffing with Dried Cranberries & Hazelnuts, 2) Bulgur Wheat and Dried Fruit Stuffing

Bulgur Stuffing with Dried Cranberries & Hazelnuts

Ingredients

- 1 tablespoon extra-virgin olive oil
- 3 cups chopped onions, (2 large)
- 1 cup chopped celery, (2-3 stalks)
- 1 clove garlic, minced
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 2 cups bulgur, rinsed (see Ingredient note)
- 3 cups reduced-sodium chicken broth
- 1 bay leaf
- 1/4 teaspoon salt, or to taste
- 2/3 cup dried cranberries
- 1/4 cup orange juice
- 2/3 cup chopped hazelnuts, (2 ounces)
- 1/2 cup chopped fresh parsley
- Freshly ground pepper, to taste



Preparation

1. Heat oil in a Dutch oven over medium heat. Add onions and celery; cook, stirring often, until softened, 5 to 8 minutes. Add garlic, cinnamon and allspice; cook, stirring, for 1 minute. Add bulgur and stir for a few seconds. Add broth, bay leaf and salt; bring to a simmer. Reduce heat to low, cover and simmer until the bulgur is tender and liquid has been absorbed, 15 to 20 minutes.
2. Meanwhile, combine dried cranberries and orange juice in a small microwave-safe bowl. Cover with vented plastic wrap and microwave on high for 2 minutes. (Alternatively, bring dried cranberries and orange juice to a simmer in a small saucepan on the stovetop and remove from heat.) Set aside to plump.
3. Toast hazelnuts in a small dry skillet over medium-low heat, stirring constantly, until light golden and fragrant, 2 to 3 minutes. When the bulgur is ready, discard the bay leaf. Add the cranberries, toasted hazelnuts, parsley and pepper; fluff with a fork.

Tips & Notes

- **Ingredient note:** Fiber-rich bulgur is made from whole-wheat kernels that are precooked, dried and cracked. Virtually a whole-grain convenience food, bulgur cooks in less than 20 minutes. You can find it in health-food stores and some large supermarkets.
- To stuff a turkey, prepare the recipe and let cool completely. Place about 5 cups of the stuffing loosely in turkey cavities; heat the remainder separately.

Nutritional Information

Per serving: 210 calories; 7 g fat (1 g sat , 5 g mono); 2 mg cholesterol; 34 g carbohydrates; 0 g added sugars; 6 g protein; 7 g fiber; 114 mg sodium; 269 mg potassium.

http://www.eatingwell.com/recipes/bulgur_stuffing_with_dried_cranberries_hazelnuts.html

See next page for Bulgur Wheat and Dried Fruit Stuffing recipe.

Bulgur Wheat and Dried Fruit Stuffing

Makes 6 servings

Ingredients:

2 cups bulgur wheat
4 cups water
 $\frac{3}{4}$ cup onion, finely chopped
 $\frac{3}{4}$ cup celery, finely chopped (include leaves)
 $\frac{1}{2}$ cup dried apricots, chopped 2 tps chicken bouillon granules
1 tsp poultry seasoning
1 tsp dried savory
3 egg whites, lightly beaten



Directions:

1. Combine all of the ingredients except for the egg whites in a 3-quart pot, and stir to mix well. Bring the mixture to a boil over medium-high heat. Stir once, and remove from the heat. Cover and set aside for 45 minutes, or until the liquid has been absorbed and the mixture has cooled.
2. Coat a 2 1/2-quart casserole dish with nonstick cooking spray. Stir the egg whites into the wheat mixture, and spoon the mixture into the dish.
3. Bake at 325°F for 1 hour, or until the mixture is hot and lightly browned.

<http://www.ifood.tv/recipe/savory-wheat-stuffing>

Rack of Lamb with Warm Apple & Lentil Salad

4 servings

Active Time: 40 minutes

Total Time: 40 minutes

Ingredients

- 2 tablespoons coarse dry breadcrumbs, preferably whole-wheat (see Note)
- 1 1/2 teaspoons extra-virgin olive oil, divided
- 1 teaspoon chopped fresh rosemary, divided
- 3/4 teaspoon kosher salt, divided
- 1/4 teaspoon freshly ground pepper, divided
- 1 1 1/2-pound rack of lamb, Frenched and trimmed (see Tip)
- 3 teaspoons Dijon mustard, divided
- 2 shallots, finely chopped
- 1 15-ounce can lentils, rinsed, or 1 1/3 cups cooked lentils
- 1 Granny Smith apple, finely chopped
- 2 stalks celery with leaves, finely chopped
- 3/4 cup reduced-sodium chicken broth, or water
- 2 teaspoons sherry vinegar, or cider vinegar



Preparation

1. Preheat oven to 450°F.
2. Mix breadcrumbs, 1/2 teaspoon oil, 1/2 teaspoon rosemary, 1/2 teaspoon salt and 1/8 teaspoon pepper in a small bowl.
3. Heat the remaining 1 teaspoon oil in a large ovenproof skillet over medium-high heat. Add lamb, meat-side down, and sear until browned, about 1 1/2 minutes. Turn it over and spread 2 teaspoons mustard over the meat. Sprinkle the breadcrumb mixture over the mustard. Transfer the lamb to the oven and roast until a thermometer inserted in the center registers 140°F for medium-rare, 15 to 20 minutes. Transfer to a plate and tent with foil to keep warm.
4. Return the pan to medium-high heat (be careful: the handle will still be hot). Add shallots, the remaining 1/2 teaspoon rosemary, 1/4 teaspoon salt and 1/8 teaspoon pepper and cook, stirring constantly, until starting to soften, about 1 minute. Stir in lentils, apple, celery, broth (or water), vinegar and the remaining 1 teaspoon mustard; bring to a lively simmer. Cook, stirring occasionally, until the liquid is slightly reduced and the celery and apple are starting to soften, about 4 minutes. Cut the lamb into 8 chops and serve over the lentils.

Tips & Notes

- **Note:** (To) make your own breadcrumbs: Trim crusts from firm sandwich bread. Tear the bread into pieces and process in a food processor until coarse crumbs form. One slice makes about 1/3 cup. Spread the breadcrumbs on a baking sheet and bake at 250°F until dry and crispy, about 15 minutes.
- **Tip:** To serve 4 people, look for a rack of lamb that has 8 chops. If you can find one that's been "Frenched" (meat cut away at the tips, exposing the bone) and trimmed, you will only need a 1-pound rack. Otherwise, look for a 1 1/2-pound rack and ask your butcher to prepare it for you.

Nutrition Information per serving: 285 calories; 9 g fat (3 g sat , 4 g mono); 69 mg cholesterol; 21 g carbohydrates; 0 g added sugars; 29 g protein; 7 g fiber; 429 mg sodium; 362 mg potassium.

http://www.eatingwell.com/recipes/rack_of_lamb_with_warm_apple_lentil_salad.html

See next page for 2 pages for Winter Salad with Roasted Squash & Pomegranate Vinaigrette and Cranberry, Cherry & Walnut Marmalade recipes.

Winter Salad with Roasted Squash & Pomegranate Vinaigrette

6 servings, about 1 3/4 cups each

Active Time: 45 minutes

Total Time: 1 hour

Pomegranate Vinaigrette

- 1 tablespoon minced shallot
- 1 tablespoon pomegranate molasses (see Note)
- 1 tablespoon balsamic vinegar
- 2 teaspoons lemon juice
- 2 teaspoons chopped fresh thyme or finely chopped tarragon
- 1/4 teaspoon kosher salt
- 1/4 cup extra-virgin olive oil
- 2 teaspoons water

Squash & Salad

- 11/2-2 pounds winter squash, such as butternut or buttercup, peeled, seeded and cut into 1/2-inch pieces
- 2 teaspoons extra-virgin olive oil
- 2 teaspoons fresh thyme leaves
- 1/2 teaspoon kosher salt
- Freshly ground pepper to taste
- 6 cups torn frisée or curly endive
- 6 cups torn radicchio
- 1/2 cup pomegranate seeds (see Tips)
- 1/3 cup pistachios or walnuts, toasted (see Tips) and coarsely chopped



Preparation

1. Preheat oven to 375°F.
2. To prepare vinaigrette: Mix shallot, pomegranate molasses, vinegar, lemon juice, thyme (or tarragon) and salt in a small bowl. Whisk in 1/4 cup oil, then water.
3. To prepare squash: Place squash on a baking sheet, drizzle with 2 teaspoons oil and toss to coat. Spread in a single layer and sprinkle with thyme, salt and pepper. Roast, stirring once or twice, until fork-tender, 15 to 25 minutes (depending on the type of squash). Let cool.
4. To prepare salad: Place frisée (or endive), radicchio and the squash in a large bowl. Add the vinaigrette and gently toss to coat. Divide the salad among 6 plates and sprinkle with pomegranate seeds and pistachios (or walnuts).

Tips & Notes

- **Make Ahead Tip:** Refrigerate the vinaigrette (Step 2) for up to 1 day.
- **Note:** Pomegranate molasses has a bright, tangy flavor. (Don't confuse it with grenadine syrup, which contains little or no pomegranate juice.) Find it in Middle Eastern markets and some large supermarkets near the vinegar or molasses. To make your own: Simmer 4 cups pomegranate juice, uncovered, in a medium nonreactive saucepan over medium heat until thick enough to coat the back of a spoon, 45 to 50 minutes. (Do not let the syrup reduce too much or it will darken and become very sticky.) Makes about 1/2 cup. Refrigerate in an airtight container for up to 3 months.
- **Tips:** To seed a pomegranate, fill a large bowl with water. Lightly score the fruit into quarters from crown to stem end, cutting through the skin but not into the interior of the fruit. Hold the fruit under water, break it apart and use your hands to gently separate the plump seeds (arils) from the outer skin and white pith. The seeds will drop to the bottom of the bowl and the pith will float to the surface.

Discard the pith. Pour the seeds into a colander. Rinse and pat dry. Seeds can be frozen for up to 3 months.

- To toast whole nuts, spread on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.

Nutrition Information

Per serving: 208 calories; 14 g fat (2 g sat , 10 g mono); 0 mg cholesterol; 19 g carbohydrates; 0 g added sugars; 3 g protein; 5 g fiber; 160 mg sodium; 564 mg potassium.

http://www.eatingwell.com/recipes/squash_pomegranate_salad.html

Cranberry, Cherry & Walnut Marmalade

4 cups

Active Time: 10 minutes

Total Time: 2 hours (including cooling time)

Ingredients

- 3/4 cup sugar
- 1 cup water
- 1/2 cup port, or other sweet red wine
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon freshly grated nutmeg
- 1/2 cup dried tart cherries
- 1 12-ounce package fresh or frozen cranberries
- 2/3 cup chopped walnuts, toasted (see Tip)
- 1/2 teaspoon freshly grated orange zest



Preparation

1. Combine sugar, water, port (or wine), cinnamon and nutmeg in a medium nonreactive saucepan (see Note); bring to a boil. Add cherries and cook for 1 minute. Stir in cranberries; return to a boil. Reduce heat and simmer until about half the cranberries pop, 10 to 12 minutes. Remove from the heat.
2. Stir in walnuts and orange zest. Let cool completely. (The marmalade will thicken as it cools.) Serve at room temperature or chilled.

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 3 days.
- **Tip:** To toast chopped walnuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.
- **Note:** A nonreactive pan—stainless steel, enamel-coated or glass—is necessary when cooking acidic foods, such as tomato or lemon, to prevent the food from reacting with the pan. Reactive pans, such as aluminum and cast-iron, can impart an off color and/or off flavor in acidic foods.

Nutrition Information

Per 1/4-cup serving: 91 calories; 3 g fat (0 g sat , 1 g mono); 0 mg cholesterol; 14 g carbohydrates; 2 g protein; 2 g fiber; 2 mg sodium; 53 mg potassium.

http://www.eatingwell.com/recipes/cranberry_cherry_walnut_marmalade.html

Pear & Ginger Cheesecake

12 servings

Active Time: 40 minutes

Total Time: 2 hours 40 minutes (plus 5 hours cooling/chilling time)

Ingredients:

- 6 dried pear halves, chopped
- 1/3 cup crystallized ginger
- 1/2 cup water
- 1 cup low-fat granola, (without dried fruit)
- 16 ounces nonfat or low-fat cottage cheese, (1³/₄ cups)
- 16 ounces nonfat cream cheese
- 1/2 cup granulated sugar
- 1/4 cup packed light brown sugar
- 3 large eggs
- 1/3 cup all-purpose flour
- 2 teaspoons vanilla extract



Preparation:

1. Preheat oven to 325 degrees F. Coat a 9-inch springform pan with cooking spray.
2. Place pears, ginger and water in a medium saucepan; bring to a simmer over medium heat. Reduce heat to a gentle simmer, cover and cook until the liquid has been absorbed and the fruit is softened, 10 to 14 minutes.
3. Meanwhile, process granola in a food processor or blender until finely ground. Pour it into the prepared pan; turn and tilt the pan to coat the sides and press down into the bottom to make an even layer.
4. Transfer the pear mixture to a food processor; process until a coarse paste forms, scraping the sides of the bowl as necessary. Let cool for 10 minutes. Add cottage cheese and cream cheese; process until combined. Add granulated and brown sugars; process until smooth, scraping the sides as necessary. With the processor running, add eggs one at a time. Add flour and vanilla; process until creamy. Pour the batter into the prepared pan. Rap the pan against the counter a few times so the granola on the sides falls onto the batter, forming a decorative edge.
5. Bake the cheesecake until set, without a jiggle at the center when the pan is tapped, about 50 minutes. Turn the oven off. Let the cheesecake stand in the oven, with the door ajar, for 1 hour.
6. Transfer the cheesecake to a wire rack to cool for 1 hour. Cover with plastic wrap and refrigerate for at least 4 hours before serving.

Nutritional analysis

Per serving: 209 calories; 2 g fat (1 g sat , 1 g mono); 58 mg cholesterol; 35 g carbohydrates; 13 g protein; 1 g fiber; 384 mg sodium; 153 mg potassium.

http://www.eatingwell.com/recipes/pear_ginger_cheesecake.html